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Belongs To

DREAM JOURNAL

TODAY'S DATE: _____

WHERE: LOCATION/PLACE

WHEN: TIME OF DAY/SEASON

ARE YOU ALONE?

ANY RECURRING THEMES, LANDSCAPESOR OBJECTS?

DREAM JOURNAL

**Use this space to draw a picture of your dreams.
Sometimes drawing can help you remember or
recall specific details of your dreams.**



TASK PLANNING

TASK THAT NEED TO GET DONE

OVERVIEW & STEPS

IMPORTANT
<input type="checkbox"/> DAILY <input type="checkbox"/> MONTHLY
<input type="checkbox"/> WEEKLY <input type="checkbox"/> YEARLY
<input type="checkbox"/> OTHER

DEADLINE

MILESTONES TASK
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

WEEKLY OUTLINE

WEEK OF:

FOCUS WORD

IMPORTANT
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PRIORITIES
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NOTES

MEAL PLANNER			
BREAKFAST	LUNCH	DINNER	SNACKS

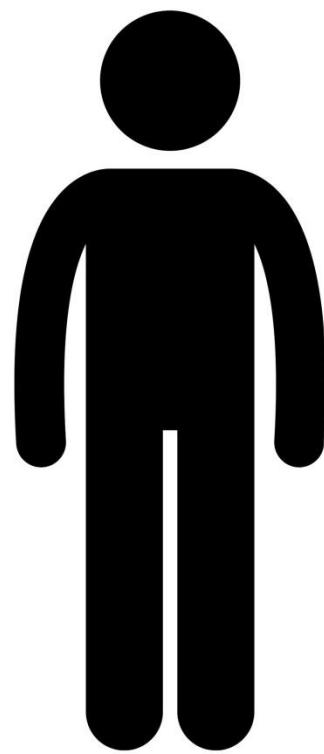
TENSION CHECK IN

WEEK: _____

DATE: _____

WHAT BIG EVENTS HAVE HAPPENED THIS WEEK

RELEASE THE TENSION



APPOINTMENT PLANNING

SELF ASSESSMENT

MY ACCOMPLISHMENTS TODAY

I FELT PROUD WHEN....

A POSITIVE THING I WITNESSED

SOMETHING THAT MADE ME HAPPY TODAY

CHANGE MINDSET

FIXED MINDSET

GROWTH MINDSET

MY MINDSET

**THOUGHTS THAT
HELP ME GROW**

**THOUGHTS THAT WON'T
HELP ME GROW**

BEING PRESENT

TAKE TIME TO REFLECT YOUR SENSES AND NOTE DOWN WHAT YOU ARE FEELING

SMELL	HEAR	TOUCH

TASTE	SEE	EMOTIONALLY

WEEKLY TRACKER

MONDAY	TUESDAY	WEDNESDAY
THURSDAY	FRIDAY	SATURDAY
SUNDAY	IMPORTANT	PRIORITIES

WHAT WERE YOU LIKE AS A CHILD?

I AM GRATEFUL FOR...

MY GRATITUDE LOG

YOGA



CONGRATULATIONS!

DOCTOR VISITS

MEDICATION TRACKER

STRESS FACTOR

STRESS FACTORS

STRESS THOUGHTS

ANXIETY AFFIRMATION

" I act with confidence because I know what I am doing."

" I am different and unique, and that is ok."

" I am safe in the company of others."

" Day by day, minute to minute I am capable and prepared."

" I am prepared and ready for this situation."

" People assume I can do this, I know I can and I will."

" I am at ease when talking to other people."

" I have survived my anxiety before. I will survive it now."

MONTHLY PLANNER

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

MON	TUES	WED	THU	FRI	SAT	SUN

NOTES	TO DO LIST
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MY GOALS

THERAPY NOTES

WEEKLY PLANNER

WEEK OF:

MONDAY	TUESDAY	WEEKLT GOALS 1. 2. 3.
WEDNESDAY	THURSDAY	FRIDAY
NOTES	SATURDAY	SUNDAY

SELF CARE GOALS

BODY GOALS

BODY GOALS

MIND GOALS

MIND GOALS

OTHER GOALS

OTHER GOALS

SLEEP TRACKER

MONTH OF: _____

HOURS A SLEEP

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THOUGHT REFRAMING

ANXIOUS OR FEARFUL THOUGHT

EVIDENCE: What is the evidence that this might happen? Is this evidence based on a fact or emotion? How likely is it to happen? Give examples of past experiences or other evidence.

If your fear comes true, what is the worst thing that would happen? How would you deal with it?

If your fear comes true, what is most likely to happen? How would you handle it the best way possible?

NEW THOUGHT: Replace your original anxious or fearful thought with a more positive (evidence based) thought.

GROUNDING EXERCISE

- 1. Go to a quite area in your home.**
- 2. Rate your anxiety between 1-10.**
- 3. Find a comfortable chair and sit up tall, with your spine straight and relaxing your shoulders.**
- 4. Place your feet on the floor (barefoot)**
- 5. Take slow deep breaths in and out until you from a rythm.**
- 6. How many windows do you see?.**
- 7. How many doors do you see?.**
- 8. How many electrical devices do you see? Are any of them making noise?
If so, what do they sound like?**
- 9. What color is your top? What does the material feel like?**
- 10. How does the chair you're sitting on feel like?**
- 11. What does the floor feel like? Is it smooth or rough? Cold or warm? Hard or soft? Are there any imperfections on it? If so, what do you see?**
- 12. What can you hear in the background?**
- 13. As you're breathing deeply, can you smell anything? Is it nice?**
- 14. What kind of feeling do you have in your mouth right now? Can you taste anything?**
- 15. Name your favorite TV show.**
- 16. Name all the shapes you can think of.**
- 17. Name the funniest movie you've ever watch.**
- 18. Name your favorite countries.**
- 19. Rate your anxiety between 1 - 10 again.**
- 20. If it is still over a 5 repeat the exercise.**

MASTER CHECKLIST

MOOD LOG

YEAR: _____

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COLOR CODE

COLOR CODE

THERAPY NOTES

DATE:

DISCUSSED TOPICS
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PROGRESS NOTES

TIPS & EXERCISES	FOR NEXT SESSION

NOTES

SAFETY PLAN

MY TRIGGERS
<input type="checkbox"/>

PEOPLE I CAN CALL
1
2
3
4

COPING SKILLS I CAN USE





WAYS TO KEEP MYSELF BUSY
<input type="checkbox"/>

STRENGTHS TO GET ME THROUGH IT
<input type="checkbox"/>

OTHER HELPFUL RESOURCES



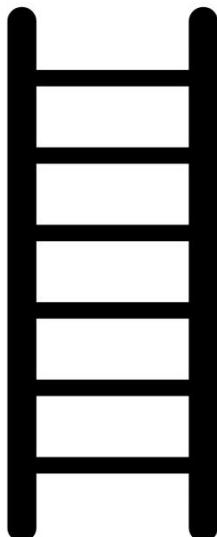
FACING YOUR FEARS

To overcome our fears can help building our confidence gradually. Think of it as steps of ladder.

Pick a situation that you commonly avoid due to anxiety and uncomfortable feeling and write it down. Then think of small steps you can do face this fear head - on , starting with the easiest one at the bottom.

When you are ready to work on it, start at the bottom and move up, or pick any step and practice it over and over.

FEAR I AM FACING: _____



7.
6.
5.
4.
3.
2.
1.

NOTES

SETTING BOUNDARIES

Personal boundaries are vital in order for us to thrive and establish healthy relationships. Having them in place allows us to communicate our needs and desires clearly. It is also used to set limits so that others don't take advantage of us or are allowed to hurt us. It is a way for us to practice self-care and self-respect.

ANXIETY TRACKER

DATE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
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NOT ANXIOUS	A LITTLE ANXIOUS	SOMEWHAT ANXIOUS	PRETIY ANXIOUS	VERY ANXIOUS	EXTREMELY ANXIOUS
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ANXIETY CHECKLIST

Understand better the thoughts, emotions or body symptoms that you experience when you start feeling anxious.

- My heart beats really fast**
- I feel afraid**
- I have trouble breathing**
- I have thoughts of everything that could go wrong**
- I have trouble talking or my voice trembles**
- I start to sweat a lot**
- My stomach or my head starts to hurt**
- I feel like running away**
- My mind goes really fast**
- I get really "jumpy"**
- I think something terrible is about to happen**
- I get a "lump" in my throat**
- I feel like running away or being by myself**
- My chest starts to feel tight**
- I feel out of control**
- I start to shake**
- I feel dizzy or I feel like I am about to faint**

JOURNALING PROMPTS FOR ANXIETY

- 1.Today, I'm grateful for...**
- 2.Describe a time when you felt fulfilled. Where were you? What were doing? What about that moment felt so satisfying?**
- 3.What is one thing I wish I could change?**
- 4.If I could make one promise to myself it would be...**
- 5.What's a way my anxiety has held me back recently?**
- 6.Write's a letter to your body.**
- 7.What does my perfect day look like?**
- 8.What does my anxiety sound, look and feel like to me?**
- 9.What is my first thought in the mornings? Keep a list.**
- 10.What is something I need to let go of?**
- 11.When was the last time I said no to something? When was the last time I wish I said no to something?**
- 12.List three things that scare you and why?**
- 13.What is something I look forward to every single day ?**
- 14.Write down 5 moments when you were the happiest?**
- 15.Are you living up to your full potential? Why or why not?**
- 16.Who has been your biggest supporter? Write a thank you letter to them.**
- 17.The greatest lessons you've learned from anxiety are...**
- 18.If you could achieve anything in your life, what would it be?**
- 19.What can you work on to become the person you've always wanted to be?**
- 20.Think back to a moment in your life ,when you failed at something. Write about what you have learned from this experience.**

PROMPT:

1. **What is the primary purpose of the study?**

DATE:

ANSWER

DREAM NOTES

MEDITATION TRACKER

EXERCISE LOG

Month:

APPOINTMENT

Month:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Notes

DAILY PLANNER

PRIORITIES

GOALS

SCHEDULE

TO DO

TO DO

NOTES

MONTHLY CALENDAR

MON	TUE	WED	THU

MONTHLY CALENDAR

MONTH:

FRI	SAT	SUN	NOTES

MONTHLY REFLECTION

Things that made me happy this week

For more information, contact the Office of the Vice President for Research and Economic Development at 319-273-2500 or research@uiowa.edu.

For more information, contact the Office of the Vice President for Research and Economic Development at 515-294-6450 or research@iastate.edu.

For more information, contact the Office of the Vice President for Research and Economic Development at 515-294-6450 or research@iastate.edu.

For more information, contact the Office of the Vice President for Research and Economic Development at 319-273-2500 or research@uiowa.edu.

11. **What is the primary purpose of the *Journal of Clinical Endocrinology and Metabolism*?**

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For more information, contact the Office of the Vice President for Research and the Office of the Vice President for Student Affairs.

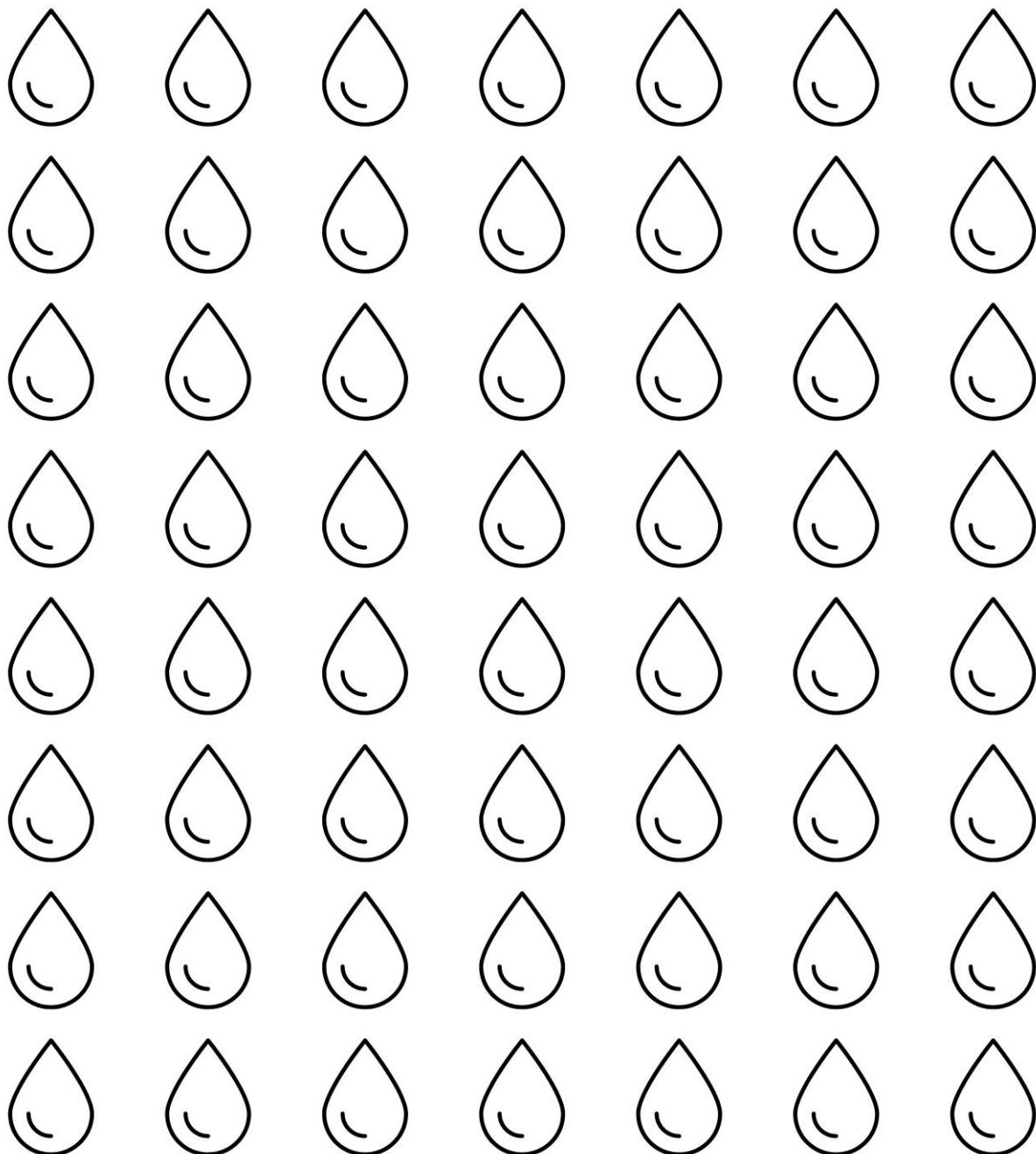
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For more information, contact the Office of the Vice President for Research and Economic Development at 319-273-2500 or research@uiowa.edu.

WATER TRACKER

Month:

Week Of:



HABIT TRACKER

SYMPTOMS TRACKER

POSITIVE THOUGHTS

NEGATIVE	POSITIVE

INSPIRATIONS

PODCASTS

BOOKS

SONGS

VIDEOS

COURSES

AUDIO

SELF CARE TRACKER

GRATITUDE JOURNAL

Week Of:

Mon	Today I am grateful for..
Tue	Today I am grateful for..
Wed	Today I am grateful for..
Thu	Today I am grateful for..
Fri	Today I am grateful for..
Sat	Today I am grateful for..
Sun	Today I am grateful for..

ANXIETY JOURNAL

WHAT HAPPEND	MY REACTION	BETTER COPING STRATEGY
WHAT HAPPEND	MY REACTION	BETTER COPING STRATEGY
WHAT HAPPEND	MY REACTION	BETTER COPING STRATEGY
WHAT HAPPEND	MY REACTION	BETTER COPING STRATEGY

MOOD TRACKER

Note

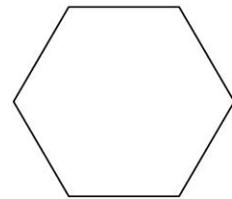
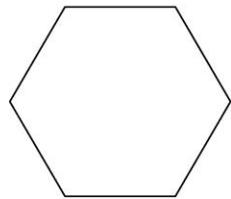
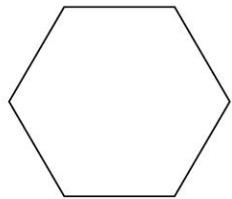
GRATITUDE TRACKER

FAMILY	FRIENDS
PERSONAL	FUN
LOVE	HEALTH
WORK/CAREER	OTHERS

GOAL PLANNER

GOAL:		STEP TO TAKE <hr/> <hr/> <hr/> <hr/> <hr/>
DEADLINE:	ACHIEVED <input type="radio"/>	1. <hr/> 2. <hr/> 3. <hr/> 4. <hr/> 5. <hr/>
GOAL:		STEP TO TAKE <hr/> <hr/> <hr/> <hr/> <hr/>
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DEADLINE:	ACHIEVED <input type="radio"/>	STEP TO TAKE <hr/> <hr/> <hr/> <hr/> <hr/>
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AFFIRMATIONS



My Positive Affirmation Statement



CONNECTING WITH MY SOUL

ACTIVITIES I LOVE DOING AT HOME

CONNECTING WITH MY SOUL

ACTIVITIES I LOVE DOING OUTSIDE

CONNECTING WITH MY SOUL

ACTIVITIES I 'M EXCITED TO TRY

CONNECTING WITH MY SOUL

ACTIVITIES I LOVE DOING WITH OTHERS

SURVIVAL PLANNER

THE WORST THAT COULD HAPPEN

MY SURVIVAL PLAN

CURRENT SITUATION

MY CURRENT SITUATION:

WHAT IS MY DESIRED OUTCOME

THINGS I'M GRATEFUL FOR DESPITE MY SITUATION

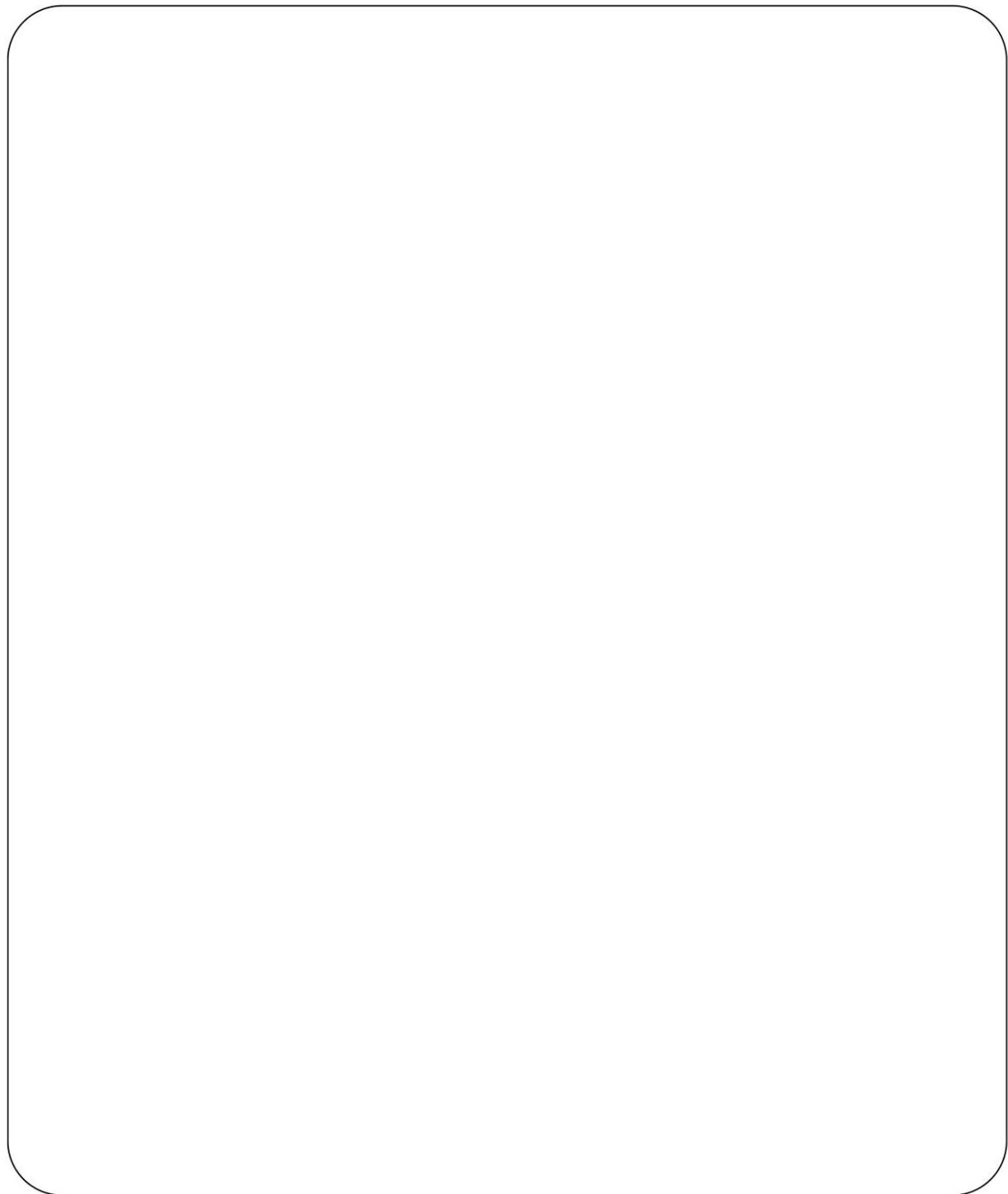
CONCERNs ABOUT MY CURRENT SITUATION

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TO DO LIST

VISION BOARD



DEPRESSION THERAPY JOURNAL

Date:...../...../...

DEPRESSION THERAPY NOTES



Now that you have come out of the cave of your depression and anxiety, the future is warming up to the new you. Feel free to revisit this journal workbook from time to time, to reacquaint yourself with your tools. Just like yoga asanas, meditation, pranayama, tapping, DBT, are all tools for your self care toolbelt. Know you use your tools for a brief short moment or up to 30 minutes to an hour for self care. You know what you need. There is no need to do a full set of a yoga routine, find the asanas that help you with your anxiety and depression.

I will include some resources for you, in the back in the APPENDIX.

Deva Hardeep Singh

Anxiety & Depression Workbook

Appendix A Meditation

Meditation #1: Stopping and Being Present

GUIDE: The goal of these meditations is to get to know our minds better, to cultivate insight and peace, and to become calmer and more focused. I'll punctuate each meditation with a clap of my hands (or a chime of these Tibetan bells). All you need to do is follow the instructions as I read them.

Let's get started, shall we?

(Clap hands or Chime Bells)

People think of meditation as some kind of special activity, but this is not exactly correct. Meditation is simplicity itself. As a joke, people sometimes say: "Don't just do something, sit there."

But meditation is not just about sitting, either. It is about stopping and being present, that is all.

Try to stop and be present for one minute.

(One minute silence)

Mostly we run around doing. Are you able to come to a stop in your life, even for one moment? Could it be this moment? What would happen if you did?

A good way to stop all that doing is to shift into "being mode" for a moment. Think of yourself as an eternal witness, as timeless. Just watch this moment, without trying to change at all. What is happening? What do you feel? What do you see? What do you hear?

Let's meditate this way for three minutes.

(Three minute silence)

The funny thing about stopping is that as soon as you do it, here you are. Things get simpler. In some ways, it's as if you died and the world continued on. If you did die, all your responsibilities and obligations would immediately evaporate.

Their residue would somehow get worked out without you. No one else can take over your unique agenda. It would die or peter out without you just as it has for everyone else who has ever died. So you don't need to worry about it in an absolute way.

By taking a few moments to "die on purpose" to the rush of time while you are still living, you free yourself to have time for the present.

Try: stopping, sitting down, and becoming aware of your breathing once in a while throughout the day. It can be for three minutes, like we just did, or even five seconds. Lets try it again for three more minutes.

(Begin silence; then read slowly)

Let go into full acceptance of the present moment, including how you are feeling and what you perceive to be happening. For these moments, don't try to change anything at all, just breathe and let go. Breathe and let be.

Meditation #2: Breathing

Let us begin with the opening of our hearts and minds to the experience of meditation. Let us begin with the intention to take care of ourselves, to open ourselves to the strength and energy of mind. Meditation is a practice, and each time we do it, it is slightly different, and each time we do it, we build up our ability to practice.

First, adjust your body. It is in our bodies that we experience our lives, and our awakening. Find a position that you can comfortably hold without moving around. Try not to lean against anything, sit away from the back of your chair, or the wall, allowing your body to find its own center.

Feel your sit bones holding your lower body up, feel your chest open, your shoulders relax, as if they were moving down your back.

Relax your mouth. Allow your tongue to sit softly in your mouth, its tip resting against the back of your upper teeth. Your jaw softens, your teeth lightly suspended in your mouth.

Relax the muscles around your eyes. Keeping your head straight, allow your eyes to halfclose, looking slightly down. Soften your gaze. Nothing to look at, nothing to not-look at.

Just gently, with half opened eyes, allowing the light to remind you that you are right here, in this body, right now.

Place your hand on your belly, just below your belly button. Notice your breath. Take a normal size breath in, and let it ease down your body, until you feel that belly expand. Now slowly let the breath ease out. The belly gets smaller. This is breathing in a meditative way: Breathe in, and the belly expands, Breathe out, and the belly grows smaller.

In.....Out....

In....Out....

Let's just do this for a minute

(One minute silence)

Now, continuing to breathe in this manner, place your hands on your lap, the right holding the left hand. Let your thumbs come up to make a circle.

Breathe In.....Out....

Just notice your breath as it enters and leaves your body,

In....Out....

Meditate this way for 5 minutes

(Five minute silence)

As you sit, thoughts and feelings will naturally rise to the surface of your mind. These are not wrong thoughts or feelings, they have just arrived at the wrong time.

Now you are meditating, now you are sitting in internal silence. So as these thoughts arise, just let them go and come back to your breath.

Notice the little pieces of thoughts that arise and let them slip away. Let them go. Right now, just the breath.

Notice the space between your in-breath and your out-breath.

Anxiety & Depression Workbook

Softens that space.

Allow your breath to rise and fall, like the tides of the ocean.

Just noticing that space between your in-breath and out-breath, allowing it to soften. Allow that space to be filled with ease.

Let your body just breath by itself, No need for control. Just softly, breathing in and breathing out.

In....Out....

Breathing in, you can feel the spaciousness entering you, And breathing out, you can feel the quiet within.

It is as if your mind is the bright clear blue sky. It does not need to go anywhere or do anything. As far as you can see there is blue sky, blue upon blue in every direction.

Breathing in, your mind is as the blue sky. And breathing out, your mind is without limit, open and clear.

It is as if the sky itself enters you with the breath.

And you enter it as you breathe out.

You and the sky are not two.

You are as calm and clear as the sky.

Sometimes a little cloud floats by. The cloud is not really different from the sky, it is just some extra moisture and wind. Just letting the cloud float by.

Or sometimes you may experience a deluge of thoughts or emotions. But that's okay. It's normal. Just come back to the breath.

Breathing in and breathing out, space entering space.

Blue entering blue

Just this flow, calm and clear.

This space is always here. It is yours, you have only to enter it,

Breathing in and breathing out.

(Five minute silence)

Now, bringing awareness back to this body in this moment.

Notice now, the tips of your fingers, the edges of your mouth.

Taking a breath in, sway your body slightly to the right,

And to the left, open and close and open your eyes.

Take a deep breath!

Breathe out, look up, look around.

You are right here.

And your sky space is always here for you to return to.

Clap hands or Chime bells

Let's stand up in silence for a minute and stretch.

One minute stretch

Appendix 2

The Following Handouts are provided by Sequence Wiz (used by permission)

<https://sequencewiz.com/>



BREATH CONTROL OPTIONS IN YOGA

Breath awareness

We can pay attention to each individual breath, either trying to deepen it, or just observing it. We can notice the flow of breath, the expansion of the lungs, sensations in the nose or throat, the movement of the diaphragm. We can also choose to deepen the inhalation and lengthen the exhalation (in Asana and/or Pranayama).



Working with ratios

Breathing ratio reflects a relative relationship between 4 parts of the breath: Inhalation - Retention - Exhalation - Suspension. We can gradually lengthen one or more parts of the breath to increase our breathing capacity and achieve Brhmana or Langhana effect (in Asana and/or Pranayama).



Nostril breathing

We can breathe through one nostril or the other depending on the effect we are after. Breathing in through the right nostril will have heating quality, breathing in through the left nostril will have cooling quality; breathing out through the nostril will sedate the corresponding channel. We can do this in a variety of patterns: Anuloma Ujjayi, Viloma Ujjayi, Pratiloma Ujjayi, Suryabhedana, Chandrabhedana, Nadi Shodhana (in Pranayama).

Control of the breath flow

We can intentionally control the respiratory musculature to bring the sense of directionality to the flow of breath. For example, we can CHOOSE to expand the belly first and then the chest on the inhale, or we can CHOOSE to expand the chest first then the belly (in Asana and/or Pranayama).



Directing breath to different parts of the body

We cannot literally direct the breath into different body parts; what we CAN do is move our awareness AS IF we were breathing into specific body areas. We cannot control the action of the lungs, since lungs do not have muscular tissue, but we can control the movement of the respiratory musculature (in Asana and/or Pranayama).



Krama (segmented) breath

We can break the inhalation OR the exhalation down into 2-3 parts for the purpose of lengthening the breath.

This technique is not very widely used, but it works exceptionally well and has a very pronounced energetic effect (Brhmana or Langhana) (in Asana and/or Pranayama).



Vocal breathing

A breathing technique called Bhramari (or "bee humming") creates both sound and vibration. Working with sound affects the system energetically. We can change the volume and pitch of sound to produce a more soothing or more stimulating effect (in Asana and/or Pranayama).



Kriyas

Breathing practices like Kapalbhati and Bhastrika involve rapid vigorous breaths, therefore they are considered cleansing practices rather than pranayama. Both techniques are facilitated by repeated lower abdominal contraction and are usually done in a seated position.

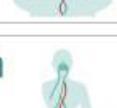
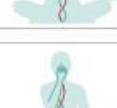
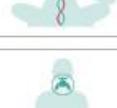


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YOGA BREATHING TECHNIQUES, EFFECTS AND PREPARATION

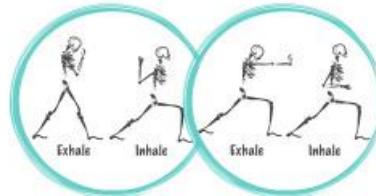
Most pranayama techniques require preparation during asana practice: you need to prepare the body for extended sitting (lower back, upper back, neck and hips) AND there are specific suggestions for individual techniques that include body preparation and breath preparation (listed below).

Krama Inhale		TECHNIQUE: Inhale is broken down into 2 or 3 parts with pauses in between, Exhale is long and flowing. EFFECT: Brhma, useful for increasing the breathing capacity. PREPARATION: Focus on poses emphasizing Inhalation (Backbends and Lateral bends); lengthen Inhalation throughout the practice, introduce Retention (hold after Inhale).
Krama Exhale		TECHNIQUE: Exhale is broken down into 2 or 3 parts with pauses in between, Inhale is long and flowing. EFFECT: Langhana, useful for increasing the breathing capacity. PREPARATION: Focus on poses emphasizing Exhalation (Forward bends and Twists); lengthen Exhalation throughout the practice, introduce Suspension (hold after Exhale).
Anuloma Ujjayi		TECHNIQUE: Inhale using Ujjayi breath, exhale through alternate nostrils. EFFECT: Langhana (calming, sedating). PREPARATION: Focus on poses emphasizing Exhalation (Forward bends and Twists); prepare the shoulder and neck for prolonged arm holding (while working with nostrils); lengthen Exhalation throughout the practice.
Viloma Ujjayi		TECHNIQUE: Inhale through alternate nostrils, Exhale using Ujjayi breath. EFFECT: Brhma (energizing, stimulating). PREPARATION: Focus on poses emphasizing Inhalation (Backbends and Lateral bends); prepare the shoulder and neck for prolonged arm holding (while working with nostrils); lengthen Inhalation throughout the practice.
Pratiloma Ujjayi		TECHNIQUE: IN: Ujjayi, EX: Left nostril, IN: Left nostril, EX: Ujjayi, IN: Ujjayi, EX: Right nostril, IN: Right nostril, EX: Ujjayi / 1 cycle, 4br. EFFECT: Samana (balancing), focusing. PREPARATION: Focus on asymmetrical poses and movements within poses; use movements for right/left brain integration; prepare the shoulder and neck for prolonged arm holding (while working with nostrils); lengthen both Inhalation and Exhalation.
Suryabhedana		TECHNIQUE: Inhale through the right nostril, Exhale through the left nostril. EFFECT: Heating. PREPARATION: Focus on asymmetrical poses and movements within poses; use movements for right/left brain integration; prepare the shoulder and neck for prolonged arm holding (while working with nostrils); long flowing breath.
Chandrabhedana		TECHNIQUE: Inhale through the left nostril, Exhale through the right nostril. EFFECT: Cooling. PREPARATION: Focus on asymmetrical poses and movements within poses; use movements for right/left brain integration; prepare the shoulder and neck for prolonged arm holding (while working with nostrils); long flowing breath.
Nadi Shodhana		TECHNIQUE: IN: Left nostril, EX: Right nostril, IN: Right nostril, EX: Left nostril / 1 cycle, 2br. EFFECT: Samana (balancing), focusing. PREPARATION: Use movements for right/left brain integration; prepare the shoulder and neck for prolonged arm holding (while working with nostrils); long flowing breath.
Shitali		TECHNIQUE: Start with chin down, tongue curled and fully extended. IN: Seep the air in, raising the chin to just beyond level. First fold the tongue back and drop the chin, then Exhale (through alternate nostrils). EFFECT: Soothing, cooling. PREPARATION: Prepare the neck using chin lift/drop action throughout the practice; long flowing breath.
Sitkari		TECHNIQUE: Start with chin down, tip of the tongue on the back of the front teeth. IN: Draw the air in between the tongue and the palate. Drop the head, fold the tongue back on itself, then Exhale (through alternate nostrils). EFFECT: Cooling, relaxing. PREPARATION: Prepare the neck using chin lift/drop action throughout the practice; long flowing breath.
Bhramari		TECHNIQUE: Inhale smoothly, on the Exhale make a low-pitch or medium-pitch humming sound for as long as it's comfortable. EFFECT: Calming, focusing, helps to "metabolise neurosis" (process mental chatter). You can use higher pitch or increase volume for a more stimulating effect. It works well to go from loud to quiet, or from high pitch to low pitch for more grounding effect. PREPARATION: Warm up the neck; lengthen Exhalation; use chanting or sound throughout the practice.
Kapalbhati Bhastrika		TECHNIQUE: Inhale rapidly, relaxing the abdomen; on the Exhale rapidly and vigorously contract the abdomen, forcing the air out. Bhastrika: Do it through alternating nostrils. IN: Left nostril, EX: Left nostril, IN: Right nostril, EX: Right nostril EFFECT: Heating, stimulating; increases digestive capacity; clears the sinuses and nasal passageways. PREPARATION: Strengthen the core; practice abdominal contraction; warm up the neck; lengthen Exhalation with progressive abdominal contraction.

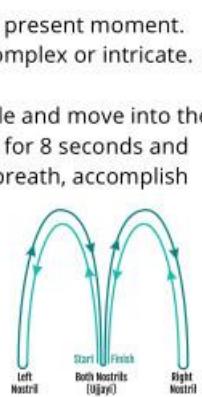
6 TOOLS TO HELP FOCUS THE MIND DURING A YOGA PRACTICE

Ultimately yoga is about mastering the field of attention and the ability to maintain focus for an extended period of time. And teaching yoga is about guiding your students' attention throughout the practice, directing it where you want it to go, picking it up if it drops off. Here are some tools that you can use to help students focus their attention during a yoga practice:

1. Keep the structure of the class consistent but **change the details**. Reorder things, make transitions different, pause in unexpected places. Our brains are wired to be keenly aware of changes, so whenever we detect a deviation from the familiar, we pause to notice. Choosing different pose adaptations works great for that. Direct your students to do something different with their arms in the pose (while making sure that it corresponds with the overall intention of the practice) and your students' minds will be pulled right into their bodies.
2. **Try right-left brain integration movements** that encourage you to use both sides of your brain and therefore keep you more focused. The examples of movements include cross-lateral movements, crossing the midline of the body movements, mismatched movement and "defying expectations" movement.



3. **Do a balance pose.** This is a simple yet effective way to pull your students into the present moment. Attempting any balance pose will make them pay attention; it doesn't have to be complex or intricate.
4. **Introduce breath adaptation in asana.** For example, you can have students inhale and move into the pose for 6 seconds twice, then for 8 seconds twice and then hold the pose inhaling for 8 seconds and exhaling for 8 seconds. These are called ratios and they work great to deepen the breath, accomplish energetic goals of the practice and to keep students present.
5. **Try an interesting pranayama** that requires students to pay attention. One of the most attention-grabbing pranayamas is *Pratiloma Ujjayi*. It is similar to *Nadi Shodhana*, but requires more attention, that is why it is excellent to use before meditation or just as a focusing device.
6. **Anchor the mind.** During meditation instead of giving wordy instructions or allowing the mind to wonder, encourage your students to hook their attention to specific anchor points, like body parts ("feel your fingertips touching the floor"), body sensations ("focus on the sensations in your nose when the air enters it"), or body actions ("gradually contract your abdomen from the pubic bone toward the navel when you exhale"). Those anchor points should be tangible and clearly identifiable for any student (as opposed to something that requires the use of one's imagination, like "feel the energy flow from your belly down into the ground").



And remember: any time you do something new, something unexpected or something relevant, you get your students' attention.

ACTIONS OF THE AUTONOMIC NERVOUS SYSTEM

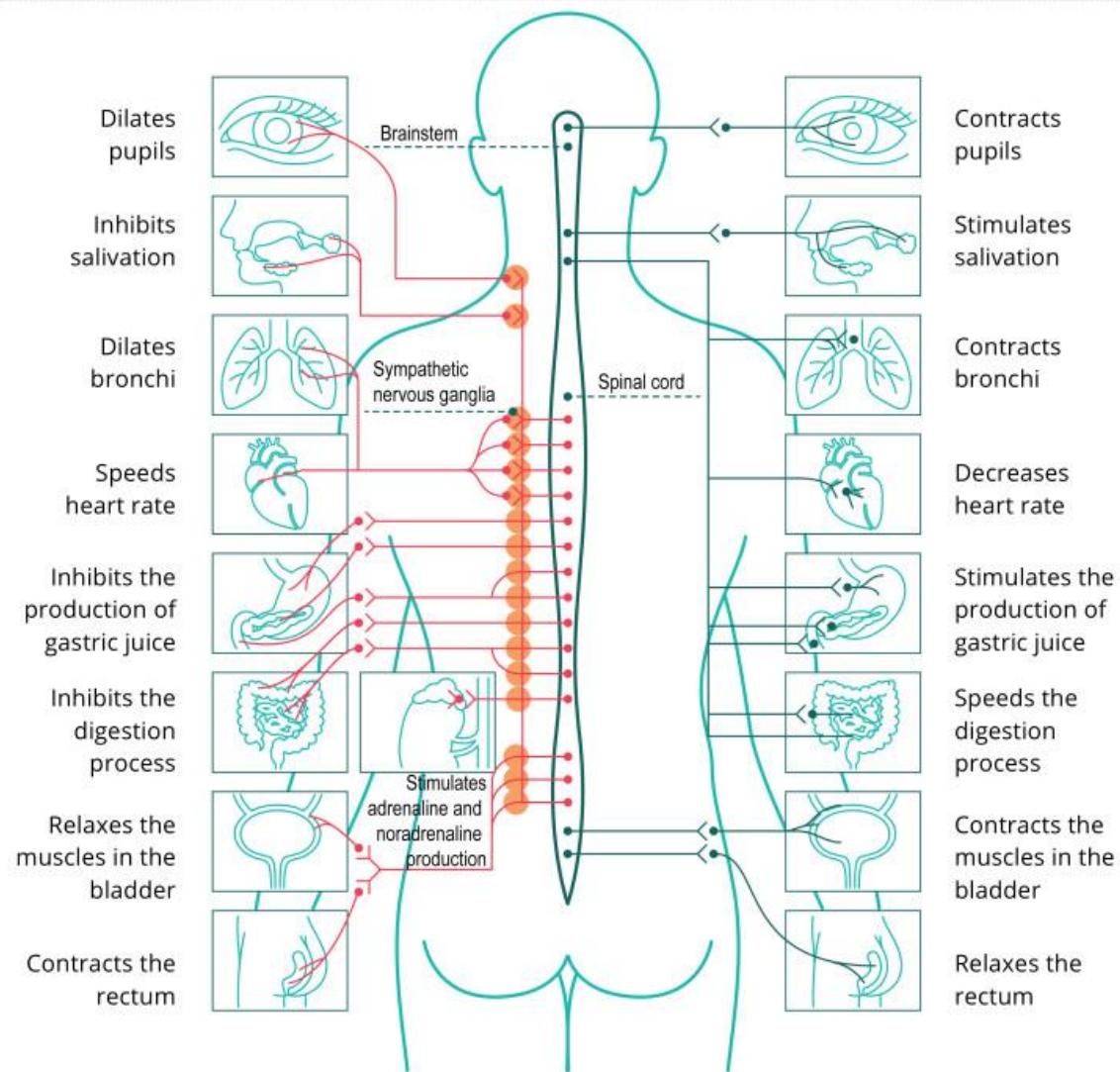
The autonomic nervous system (ANS) coordinates cardiovascular, respiratory, digestive, urinary, and reproductive functions. It constantly monitors and adjusts internal water, nutrient and gas balance - and does so without instructions or interference of the conscious mind. The ANS is concerned with maintaining homeostasis within the body. It contains two primary divisions that work in opposition - whenever one is being activated, another one is being suppressed.

THE SYMPATHETIC NERVOUS SYSTEM (SNS) (fight-and-flight response)

SNS is concerned with increasing alertness, metabolic rate, and muscular abilities.

THE PARASYMPATHETIC NERVOUS SYSTEM (PNS) (rest-and-digest response)

PNS is concerned with relaxation, food processing and creating energy reserves.



VITAL VAGUS: WHAT IS THE VAGUS NERVE AND WHAT DOES IT DO?

The vagus nerve starts in the brainstem, just behind the ears. It travels down each side of the neck, across the chest and down through the abdomen. 'Vagus' is Latin for 'wandering'. The vagus nerve can be thought of a superhighway that connects your body and your brain. It links the brain to the stomach and digestive tract, the lungs, heart, spleen, intestines, liver and kidneys, as well as other nerves that are involved in speech, eye contact and facial expressions. The messages zip along its five lanes of traffic with four lanes delivering information from the body to the brain and one lane moving information from the brain to the body. This is the most obvious physical representation of the mind-body connection. The vagus nerve both senses your internal environment (via its sensory neurons) and affects it (via its motor neurons).

Operating far below the level of our conscious minds, the vagus nerve is vital for keeping our bodies healthy. Here is what we know about the vagus nerve so far:

It is intimately involved in managing sympathetic/parasympathetic balance in the autonomic nervous system (ANS). The vagus nerve provides 75% of all parasympathetic outflow ("rest-and-digest" mode). When the brain triggers parasympathetic activation, the vagus nerve carries the messages to the heart (decreasing the heart rate and blood pressure), to the lungs (to constrict the respiratory passageways), to every organ in the digestive system (to increase motility and blood flow to the digestive tract, to promote defecation), to the kidneys and bladder (to promote urination) and to reproductive organs (to aid in sexual arousal).

It communicates messages between the gut and the brain. 80% of the vagus nerve's fibers (4 out of 5 traffic lanes) deliver information from the enteric nervous system (the *second brain* in the gut) to the brain.

It regulates the muscle movement necessary to keep you breathing. Your brain communicates with your diaphragm via the release of the neurotransmitter acetylcholine from the vagus nerve to keep you breathing. If the vagus nerve stops releasing acetylcholine, you will stop breathing.

It helps decrease inflammation. Vagal nerve stimulation reduces the over-production of TNF (an inflammatory protein, tumor necrosis factor) that causes chronic inflammation. This is very helpful in dealing with rheumatoid arthritis.

It has profound control over heart rate and blood pressure. Patients with heart failure tend to have less active vagus nerves. Currently multiple studies are underway investigating the effects of vagus stimulation on patients with heart failure and atrial fibrillation.

It helps improve your mood. Electrical stimulation of the vagus has been approved by the U.S. FDA as a therapy for patients with chronic depression.

It is essential in fear management. Research shows that healthy functioning of the vagus nerve helps us bounce back from stressful situations and overcome fear conditioning.

It plays a role in learning and memory. Stimulation of the vagus nerve might be able to speed up the process by which people with PTSD can learn to reassociate a non-threatening stimuli which triggers anxiety with a neutral and non-traumatic experience.

It can help relieve cluster headaches. A handheld device that can stimulate the vagus when placed on the throat has been shown to relieve headaches.



STIMULATING THE VAGUS NERVE IN OUR YOGA PRACTICE

The vagus nerve branches out to the inner ear, throat, diaphragm, lungs, heart and abdominal organs. We cannot consciously control our heart, kidneys or small intestine, but we can control the muscles of respiration and the muscles of the larynx (that open and close the vocal cords and control the pitch of sound). To facilitate the parasympathetic response in the body (and stimulate the vagus nerve), we would need to exert influence over those two main areas.

WORKING WITH BREATH

1. Deep diaphragmatic breathing. If you take fast short shallow breaths your brain perceives it as an invitation to fight or flight; if you seep the air in and let it out slowly your brain will take it as an invitation to rest and digest promoting parasympathetic activation.

APPLICATION IN PRACTICE: Begin each yoga practice by consciously deepening the breath. Then try to maintain that breathing pace throughout the practice. You can intentionally control your respiratory musculature and expand the chest first then the belly on the inhale, and then gradually contract the abdomen and deflate the chest on the exhale. Adding this type of directionality to your breathing patterns helps to slow down the breath and gain more control over the respiratory musculature.

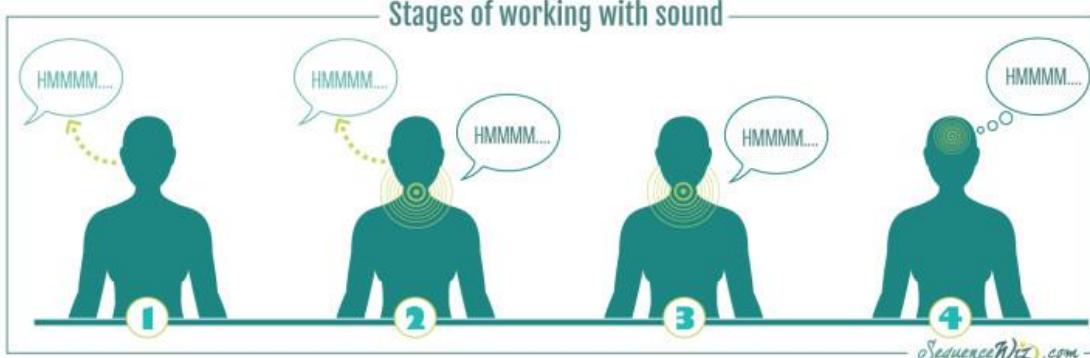


2. Lengthening the exhalation part fo the breath (exhale + hold after exhale). Every time you inhale you activate your sympathetic response a bit (and your heart speeds up a little, vagus nerve is suppressed); if you hold the air in, that response is accentuated. Every time you exhale you activate the parasympathetic response (and the heart rate slows down a bit, vagus nerve is active); if you hold the air out for few seconds it will facilitate the parasympathetic activation. To promote parasympathetic activation and vagus nerve stimulation you would need to gradually lengthen your exhale and pause after exhale (comfortably).

In yoga we can work with breath via RATIOS. We change the relationship between four parts of the breath (inhale-hold after inhale-exhale-hold after exhale) for the purpose of sympathetic/parasympathetic management. Ratio work helps stimulate the vagus nerve short-term (during the practice) and increase vagal tone long-term (if you do it consistently). Vagal tone indicates the variability between the heart rate on the inhale and the exhale. The greater that variability is, the higher vagal tone you have, which means that your body can easily switch from the fight-or-flight to rest-and-digest mode and visa versa. Higher vagal tone is better for your health; it reflects your resilience.

APPLICATION IN PRACTICE: Begin with simple breath ratios, for example Inhale for 6 seconds and then exhale for 6 seconds. Then in the course of the practice you can gradually lengthen your exhalation to 8 seconds and introduce short hold after exhale. During the pranayama part of the practice you can gradually extend the ratio to inhale 6 seconds, exhale 8 seconds and hold for 4 seconds. Try to maintain the target ratio for 6 breaths (beginners) or 12 breaths (experienced practitioners) and then gradually return to the comfortable breathing pace.

WHY DO WE WORK WITH SOUND?



1. To move attention from external to internal for better body awareness and better concentration. When you are listening to sound (1) the focus is more external; when you are listening and humming along (2) external focus is beginning to move inward; when you are humming to yourself (3) the focus is internalized; and when you are humming mentally and paying attention to it (4) the attention rests within.

APPLICATION IN PRACTICE: This is how we work with mantra. 1. Teacher chants. 2. Students chant with the teacher. 3. Students chant on their own. 4. Students chant mentally to make the sound vibrate in the mind alone. At that point the sound is used to process our compulsive thinking.

2. To use energetic charging or dis-charging power of sound. Dr. Alfred A. Tomatis believed that once the nervous impulses generated by the cells of Corti in the inner ear reach the brain, they get distributed throughout the body “toning up the whole system and imparting greater dynamism to the human being.” This theory correlates with the Brhma/ Langhana model in the yoga tradition.



APPLICATION IN PRACTICE: Lower pitch sounds have more pronounced langhana effect and higher pitch sounds have a more brhma effect (However, if the pitch is too high or too low it will produce agitation). The stronger the sound (including volume), the more brhma effect it will have. Softer sounds have more langhana effect.

3. To promote limbic deactivation. Research shows that chanting OM deactivates the limbic parts of the brain responsible for our basic emotions (fear, pleasure, anger) and drives (hunger, sex, dominance, care of offspring). Since effective OM chanting is associated with the experience of vibration sensation around the ears, the scientists suggested that this sensation is transmitted through the auricular branch of the vagus nerve. Since the vagus nerve branches out into the inner ear and larynx, controlling the opening and closing of the vocal cords and sound pitch, it sounds like it gets stimulated during vocalization of O and M sounds. In addition we always chant on the exhalation, which means that the vagus nerve is activated in its role as parasympathetic system manager, AND chanting usually facilitates lengthening of the exhalation, which further amplifies the parasympathetic effect. That is why chanting has a dis-charging effect on the brain, meaning that it discharges us from compulsive thinking, wanting and grasping.

APPLICATION IN PRACTICE: Chant OM, softly hum your favorite song or do Bhramari pranayama (bee breath). To practice Bhramari you lengthen the exhalation and make a long one-tone M sound, which is usually calming.

HOW BREATHING AFFECTS YOUR HEALTH AND FUNCTION, AND WHAT YOGA CAN DO TO IMPROVE IT

LONGEVITY



"The pulmonary function measurement appears to be an indicator of general health and vigor and literally a measure of living capacity" (Framingham study). Those performing pranayama regularly have better respiratory efficiency and stronger respiratory muscles.

EFFICIENT BLOOD-



OXYGEN EXCHANGE

There should be a balance between the amount of blood ready to absorb oxygen and the amount of oxygen supplied by breathing. This can be achieved by deep breathing and altering the body position in relation to the ground.

ENERGY



RELEASE

To sustain life, the body must produce sufficient energy. The amount of energy produced depends on the quality and amount of fuel (food) and the supply of oxygen (ventilation). The science of pranayama teaches us how to manage our energy.

BRAIN



FUNCTION

The brain requires a lot of oxygen to function properly. Working on increasing your breathing capacity ensures proper brain oxygenation. This will help maintain your mental sharpness, ability to make sound decisions and strong memory.

ORGAN FUNCTION STRESS MANAGEMENT



Every time you inhale, you stimulate your SNS ("fight or flight" mode); every time you exhale, you stimulate your PNS ("rest and digest" mode). Specific yogic practices help these two branches work in harmony to regulate individual organ function and homeostasis.



RESTFUL SLEEP

Brief interruptions in breathing during sleep can lead to poor sleep quality, insomnia and sleep disorders. Simple lifestyle changes and specific yogic practices can help you sleep better by calming the system, cooling the body and strengthening respiratory musculature.

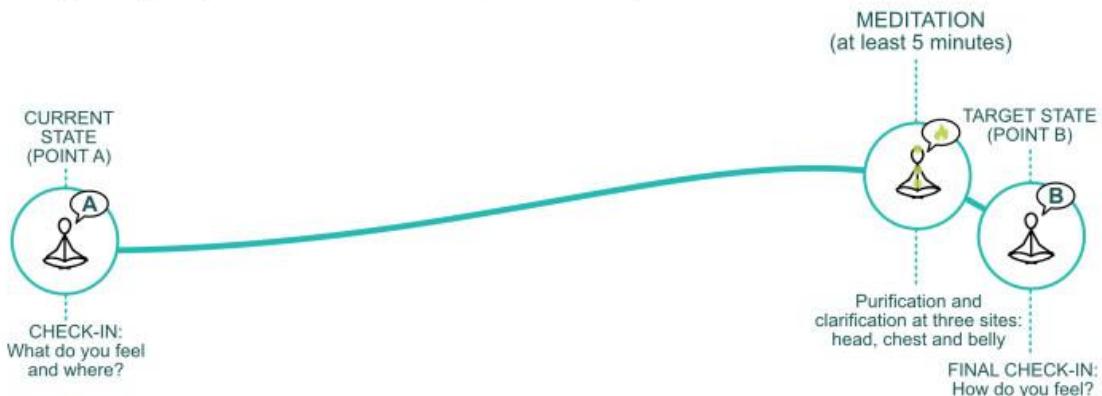
HOW TO CREATE A SHORT YOGA PRACTICE FOR MANAGING THE STATE OF MIND

The main goal of yoga is to control and direct the activity of your mind. Once the mind becomes more settled, you can see yourself for who you really are, and the reality for what it is. The main tool to calm the activity of the mind is meditation. Here is a simple template for creating a short yoga practice to manage the state of your mind. Let's use it to create a practice to deal with strong emotions.

Step 1: Identify the state that you are currently in – point A – and where you would like to end up (realistically) – point B. In this example we will try to move from being mildly irritated (point A) toward feeling more balanced and clear (point B).



Step 2: Think of a main theme for your practice that could help you move from point A to point B, and which meditation/reflection would cultivate that theme. If you find yourself lost in the sea of possibility, or if nothing at all comes to you, it is always useful to fall back on the images of basic elements and their qualities, or images from nature. In our example, the main theme will be purification, and we will use the image of fire. Since we are dealing with emotions, we will want to use the energy of emotion as fuel for an imaginary fire to purify and bring more clarity. We will use the fire to purify the three main sites of the body where you might experience an emotion: head, chest and belly.

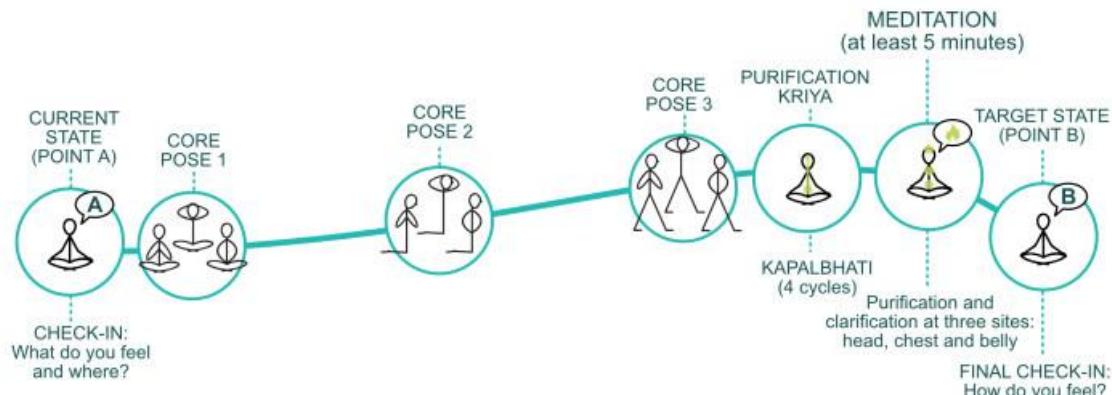


Step 3: Assess the energetics of your practice. Will this be a Brhma, Langhana or Samana practice? The choice should be directly linked to your theme. This will guide your selection of poses and breath patterns. (Our practice will be Samana because we want to both purify (Langhana quality) and enhance (Brhma quality). We will use the elements of both practices and add Kapalbhati (purification Kriya).

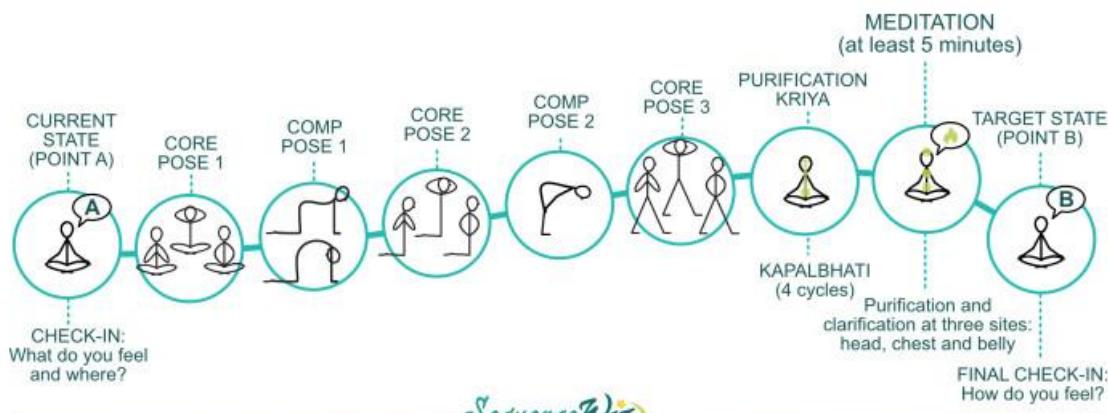
HOW TO CREATE A SHORT YOGA PRACTICE FOR MANAGING THE STATE OF MIND

Step 4: Think of how you can anchor your main theme in your body with poses and symbolic gestures.

Pick two-three poses where you will manifest that idea. These will be your Core Poses. (We will use the gesture of touching the head, chest and belly with hands to bring attention to those areas. We will do this gesture in Sukhasana, Vajrasana and part of Virabhadrasana 1.)



Step 5: Pick two-three Compensation Poses for your Core Poses that can also be used to support the main theme. (We will use Cat-Cow and Uttanasana to mentally follow the air as it moves through the head, chest and belly).



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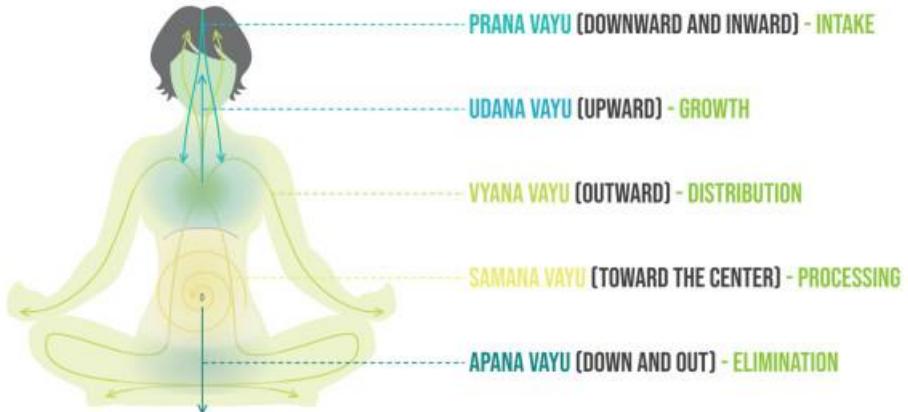
And that's it! You can change your starting and ending position, but generally speaking, for mind-centered practice it is best to start and end in a comfortable sitting position (on the floor, bolster, blanket or chair). This allows you to establish your theme and to deepen the breath at the very beginning of the practice, and then to observe the effect of the practice at the end. If you choose other starting and/or ending positions, you need to have good reasons for it.

Whatever you do, be sure to stay present with your experience for the entire practice. At the end of the practice take time to assess whether or not you were able to get to your target state, and analyze which elements seemed to work and which ones didn't. It's always best to be honest with yourself about your findings. You can use that information next time to fine-tune your practice.

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THE PANCHAVAYU MODEL (FIVE CURRENTS OF VITAL ENERGY)

The yoga tradition recognizes that for the body to be alive and healthy you need to take nourishment in (in the form of food, water, air or experiences), then you need to process it somehow, distribute and absorb the nutrients, eliminate waste, and, as a result, heal, grow and evolve. Multiple organ systems are involved in each aspect of this process. There are specific currents of energy that guide each one of those directional movements and there are specific strategies that you can employ to facilitate healing.



PRANA VAYU – intake



Prana Vayu moves downward and inward, providing the basic energy that drives us in life. It is primarily located in the head, lungs and heart. Imbalances in Prana flow can show up as:

- **ANXIETY, FEAR, ANGER (HEAD)**
- **BREATHLESSNESS, ASTHMA, SLEEP APNEA (LUNGS)**
- **HEART PALPITATIONS OR STROKE (HEART)**

- Emphasis on Inhalation;
- “Positive impressions”: contact with nature, visualizations, rituals;
- Sensory therapies: colors, sounds, aromas;
- Meditation (wherever space and stillness is created, Prana flows).

PRANA BREATH: *Inhale:* Pull the energy in through the sensory openings in the head (nose, eyes, ears, third eye). Hold for a moment. *Exhale:* Release.

SAMANA VAYU – processing



Samana Vayu moves toward the center in a churning motion. It is concentrated around the navel. It is associated with processes of digestion, absorption and assimilation. Imbalances in Samana function include:

- **METABOLISM ISSUES**
- **POOR DIGESTION, LOSS OF APPETITE**
- **BLOATING**

- Focus on Exhalation with progressive abdominal contraction;
- Hold after Exhale (Suspension);
- Uddiyana Bandha-like practices;
- Kapalbhati (to stimulate agni);
- Quality food, fasting.

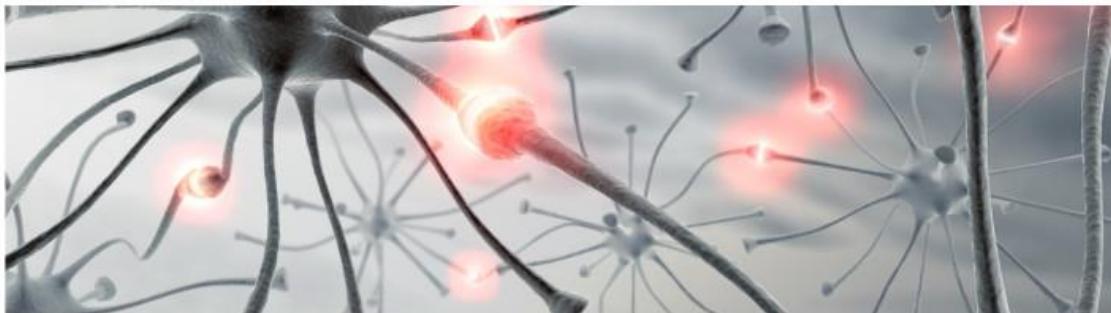
SAMANA BREATH: *Inhale:* Imagine pulling the energy in toward your belly; *Exhale:* Contract your abdomen, imagine the energy becoming more concentrated, hold contraction for a moment.

THE PANCHĀ VĀYU MODEL (FIVE CURRENTS OF VITAL ENERGY)

VYANA VĀYU - distribution	
	<p>Vyana vayu moves outward in a circular, pulsating motion. It is located in the heart and lungs and is involved in cardiac activity, circulation and voluntary nervous system. Imbalances may show up as:</p> <ul style="list-style-type: none"> • POOR CIRCULATION, BLOCKED ARTERIES, HEART ATTACK, EDEMA • PERIPHERAL NEUROPATHY, SYMPTOMS OF MS <ul style="list-style-type: none"> • Focus on Inhalation and expansion; • Hold after Inhale (Retention); • Using asanas as prana pumps; • Heart opening routines; • Prayer, ritual; • Any activities that give you joy, touch your heart.
VYANA BREATH:	<p>Place your hands on your chest. <i>Inhale</i>: Bring your arms out, expanding from the center out into the periphery and filling up the lungs. Hold 2 seconds. <i>Exhale</i>: Place your hands back on your chest. Keep your focus at the heart center.</p>
APĀNA VĀYU - elimination and retention	
	<p>Apāna Vāyu moves down and out. It is primarily located in the lower abdomen and is associated with functions of elimination, reproduction and bone health (regulating the absorption and retaining of minerals). Imbalances in Apāna flow can show up as:</p> <ul style="list-style-type: none"> • CONSTIPATION/DIARRHEA, IBS • MENSTRUAL PROBLEMS, SEXUAL ISSUES • BONE DENSITY ISSUES <ul style="list-style-type: none"> • Focus on Exhalation and hold after Exhale); • Mula Bandha-like contraction of pelvic floor muscles; • Nourishing foods, less junk.
APĀNA BREATH:	<p><i>Inhale</i>: Pull the energy into your belly. <i>Exhale</i>: Direct the energy from your belly into the feet/ground; hold the air out for a moment (attention at Root Chakra).</p>
UDĀNA VĀYU - growth	
	<p>Udāna Vāyu moves upward and is a result of other Vāyus working properly. It governs our ability to stand, our speech, effort, enthusiasm and will. It is concentrated near the diaphragm and throat and is responsible for certain respiratory functions, speech and mental functioning (it supports blood movement to the brain). Imbalances in Udāna Vāyu flow include:</p> <ul style="list-style-type: none"> • ASTHMA, EMPHYSEMA; STUTTERING, VOICE HOARSENESS • DEPRESSION, POOR MEMORY, LACK OF CREATIVITY, DIRECTION OR GOALS <ul style="list-style-type: none"> • Focus on Exhalation, particularly diaphragmatic breathing; • Jalandhara Bandha-like movements; • Chanting, singing; • Working with all other Vāyus.
UDĀNA BREATH:	<p><i>Inhale</i>: Breathe in through the mouth, attention at Throat Chakra. <i>Exhale</i>: Chant OM.</p>

*Vāyu breath patterns are described in *Yoga and Ayurveda: Self-Healing and Self-Realization* by David Frawley.*

THE REMARKABLE NERVOUS SYSTEM AND ITS FUNCTIONS



Our nervous system is one of the most delicate and sophisticated creations with remarkable potential for learning and transformation. It receives information from the inside and outside of our bodies, processes it, and acts on it by moving the body and regulating the function of our organs, glands, and tissues. Our sensory perceptions also form our *cognition*, which includes learning, memory, perception, decision-making, emotions, and all other forms of information processing. We act in response to the sensory stimuli, either reflexively or intentionally. Out of all potential scenarios, we choose to react or act in a certain way, depending on how our nervous system interprets the signals we receive. This interpretation of our sensory stimuli can be accurate, inaccurate, or ambiguous and can put us either in a state of ease (*sukha*) or a state of unease (*dukhha*).

On the most fundamental level, our brains are primarily concerned with survival. To accomplish this task, the brain needs to:

1. Monitor what your body needs, like food, rest, safety, sex, and shelter
2. Figure out where in the world you can satisfy those needs
3. Generate the necessary energy and drive to get you there
4. Warn you of the dangers and opportunities along the way
5. Modify plans and actions according to circumstances

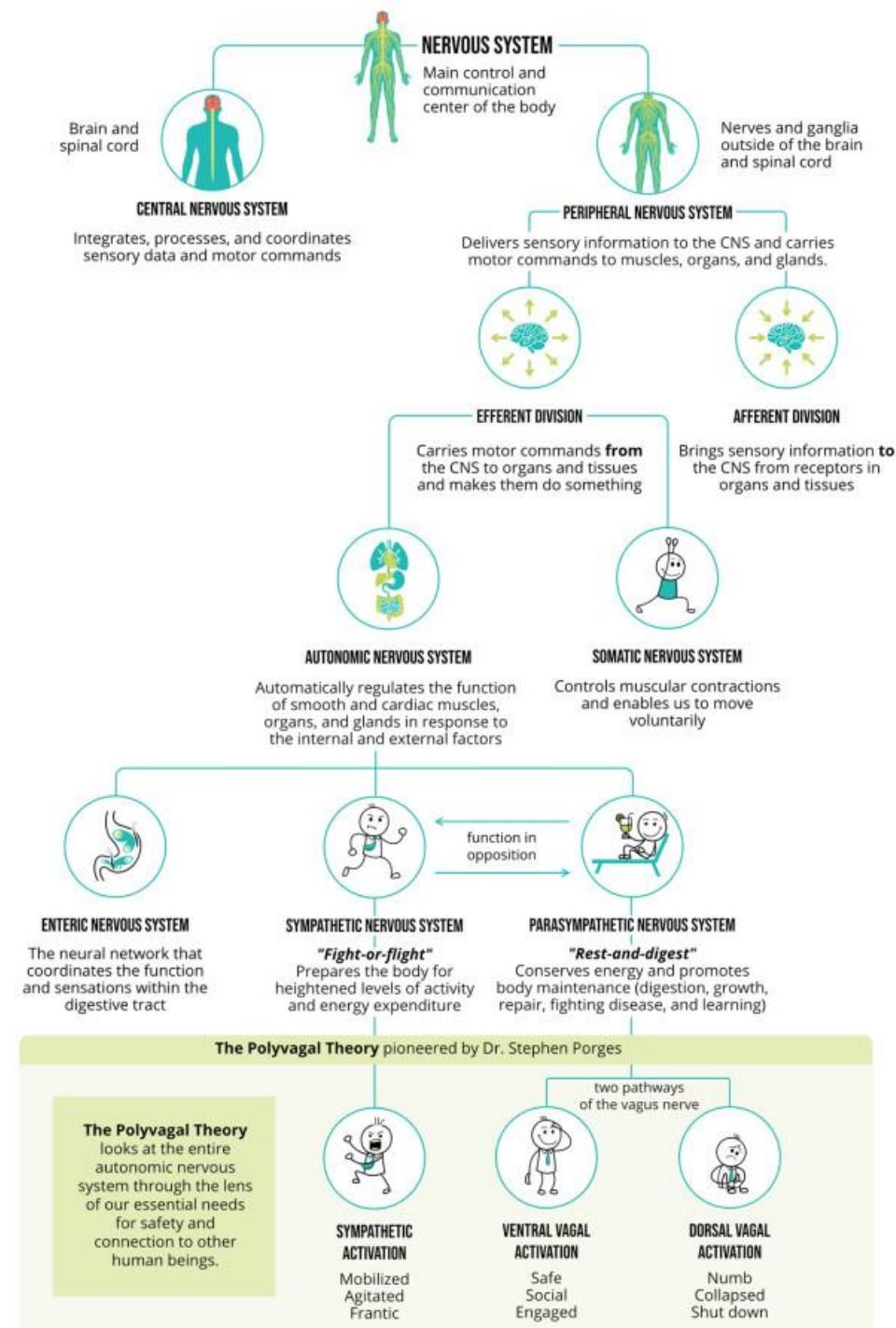
In addition, since we have better chances of survival as a group, we need to be able to coordinate and collaborate with one another. All these tasks are accomplished by our nervous system.

All sorts of physical, physiological, and psychological issues can occur if we

1. Miss or misinterpret the inner signals about our needs
2. Cannot find a way to satisfy those needs
3. Don't have enough energy and resources to proceed
4. Get stuck in the chronic state of high alert
5. Become too rigid to adapt to changing circumstances
6. Fail to form or keep lasting relationships

Much of the physical, physiological, and mental suffering is caused by the nervous system gone awry. Our life experiences, particularly chronic pain and trauma, alter our nervous system and change our perception of the outside world. We can get stuck in a state of constant alert from chronic stress, feel pain when the actual tissue damage has long healed, or relive trauma over and over as if it's still happening; these are just some examples of the alterations of the nervous system that lead to mental and physical suffering.

THE REMARKABLE NERVOUS SYSTEM AND ITS FUNCTIONS



HOW TO DO THE BRAIN HUDDLE TO FIND INNER PEACE:
BASED ON THE BOOK WHOLE BRAIN LIVING BY DR. JILL BOLTE TAYLOR



Dr. Jill Bolte Taylor, the neuroscientist and author of *Whole Brain Living: the Anatomy of Choice and the Four Characters that Drive Our Life*, uses the image of four brain characters to describe specific clusters of cells within our brains that process the same incoming information but react to it in very different ways. That reaction depends on where the cells are located in the brain: the thinking or the emotional part, in the right or the left brain hemisphere. Those characters have distinctive personalities and their own set of ideas about what's best for their owner. They often spar with one another for dominance and want to impose their will on your actions.

We seem to be the happiest in our daily lives when all characters come together and support each other in tasks big and small. This can be accomplished with a technique called "the Brain Huddle," which Dr. Taylor calls "a power tool for peace." It is particularly effective when you feel emotionally reactive, overwhelmed, or vulnerable. Here is how to do the Brain Huddle.

B	Breathe to break the momentum, turn your attention inward, focus on your sensations, and begin to settle your nervous system.
R	Recognize what each Character is doing in the present moment. What kind of circuitry are you running? Character 1 (organizer), Character 2 (worrier), Character 3 (inner child), and Character 4 (healer). Who is the most active, and what are they saying?
A	Appreciate whoever is currently in charge and let them say whatever they need to say. Acknowledge that you have all Four Characters available to you at any moment.
I	Invite all Characters to participate in the resolution of the current challenge and strategize your next move. Do it collectively and consciously.
N	Navigate your follow-up based on the course of action all of your parts have agreed on.

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Working backwards to uproot anxiety

5

- BY [ALISON WESLEY](#)
- IN [YOGA FOR YOUR MIND](#)
- — 1 JUN, 2022



Alison Wesley, Registered Yoga Teacher/Therapist and Franklin Method Educator

Last spring, we had ants. I really, really didn't want to kill them, so we had to be one step ahead of them. First, I had to figure out where they were going and work backwards from there. I tried to use different oils and powders to divert the ants from their path toward the compost bin. It became quite a puzzle to solve - predicting their reroute and sending them in the opposite direction.

Whenever I'm puzzled, I think of the ants and try to work backwards from the metaphorical compost bin. With the puzzlement of anxiety, the compost bin represents a big trashcan full of rapid breathing, darting eyes, vision changes, shakiness, postural imbalance and a general upregulation of the sympathetic nervous system.

Just like the yogis were very wise to develop practices that mimic what would naturally take place when we're calm and at rest, we can look toward that compost bin and work backwards.

If anxiety = faster breath, then slower breath = calm. It's a simple formula we can use with each aspect of anxiety.

There seems to be a **visual component** in anxiety, which explains why standing in Tadasana (Mountain pose) with eyes closed feels so much more calming than eyes open, and why it's important to have a soft Drishti (focused gaze) if the eyes are open. Try it out next time you're in Tadasana. Feel yourself looking outward from the outer eyes themselves and really try to look out. Notice how that feels compared to softening around the outer eyes and looking outward as if from inside of yourself, letting the world come in rather than straining to see out.

With anxiety, **we rely on our vision for balance** rather than our ability to feel. Our **proprioception and interoception take a back seat**. Yoga inherently improves our ability to feel what's happening in our bodies, but we can enhance this even more by focusing on feeling the body in space (proprioception). We do that by sensing the feet on the ground, feeling the stretch or sensing contact between body and ground. Focusing on the goings-on inside the body (interoception) can also be helpful; we can feel the heartbeat, the sensation of hunger, listen for gurgling and, of course, notice the breath.



If anxiety negatively impacts our [postural control and balance](#), then we can work on improving our postural control and balance within a yoga class to reduce anxiety. Balance poses like Vrksasana (Tree pose) or Garudasana (Eagle pose) are not only used to enhance the physicality of balancing; they also help calm one of the most well-known fears, the fear of falling. The more we practice balancing and start to feel empowered and encouraged, the less fear of falling there will be. Even walking through a yoga studio space, navigating and moving around yoga mats and props can help someone with their spatial map, which is something else affected by anxiety.

Anxiety can also cause us to **feel other-than, separate and isolated**. The social aspect of sharing in a community, whether the yoga class is in-person or over Zoom, is a way to work with a feeling of belonging. Seeing familiar faces and ensuring there's time at the beginning or at the end of class for folks to socialize fuels that feeling of connection. I've even taken classes where the teacher has asked us to begin by partnering up to briefly discuss a short topic from yogic philosophy or something related to the theme of class that day, and it's always made me feel more welcomed and part of the whole.

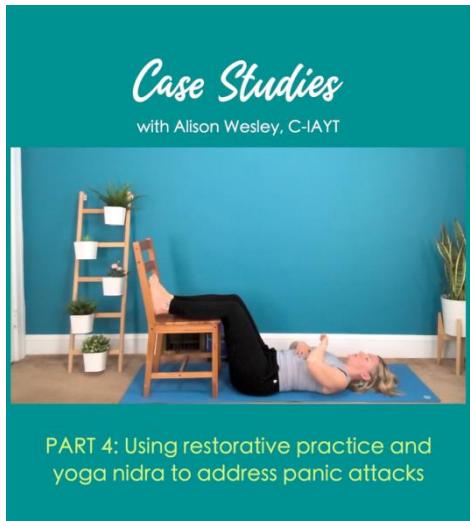
Anxiety **upregulates the nervous system**, which means we get a spike in stress hormones, and the body gets ready to act. [Chanting, singing and humming increase vagal tone](#), which is calming to the nervous system. Laughter has a similar effect, making an even stronger case for Laughter Yoga.

Now, back to [slowing down the breathing](#). This time-tested idea has profound effects on the health of our cardiovascular, respiratory and nervous systems. Including a breathing practice that involves slowing down the breath, especially the exhale, can be the diversion that has the most immediate effect for folks experiencing anxiety. It can be as simple as thinking of breathing out through a straw or through “ooo” shaped lips, as if cooling off a hot cup of tea. Or you can use a count along with the breath like the famous box breathing (inhaling for 4, hold the breath in for 4, exhaling for 4, hold the breath out for 4) or a version of the extended exhalation (eventually exhaling for twice as long as inhaling). Not only is this a gift within yoga practice, but it's also something students can learn to practice on their own when they need it during the day.

Just like those ants that completely overwhelmed me when they appeared, anxiety is a puzzle that doesn't keep to a straight line. I've stored the oils and powders I'll need if the ants show up again, just

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like we can store the practices and tools that help divert the uninvited visitor of anxiety, and when it shows up again, we just work backwards.



Case Studies
with Alison Wesley, C-IAYT

PART 4: Using restorative practice and yoga nidra to address panic attacks

Check out Alison's *Real-Life Case Studies* video series on the [Sequence Wiz community site](#).

Part 1: What questions to ask about anxiety and panic attacks

Part 2: Using a story and movement to embody fierceness and strength

Part 3: Using flow and mantra to deal with anxiety and panic attacks

Part 4: Using restorative practice and yoga nidra to address anxiety and panic attacks

We release Alison's case studies once a week; join our [Case Studies group](#) to follow along!



Alison Wesley is a Faculty Franklin Method Educator and Registered Yoga Teacher/Therapist in Portland, OR. She started Working with Yoga in 2008 (now [Movement at Work](#)) as a way to reach folks who might not be going to studios/gyms, making movement accessible where and when people work. Alison assists Franklin Method Teacher Trainings and co-wrote [Understanding the Pelvis: A Functional Approach to Yoga](#) with Eric Franklin. She designed and leads mobility classes for back care at Rebound Physical Therapy and has a therapeutic movement video series called ThrUMovement. Along with geeking out about movement, anatomy and mental training, Alison kickboxes with her father, plays music with her husband, spends hours trying to train her two German Shepherds, dances salsa and will endlessly be studying Spanish.

Appendix 2

Yoga and meditation: the mind-body duo that's putting anxiety in its place



by [Deva Hardeep Singh](#) | [Dharma Seeds Yoga Press](#) | 23 May 2023

Trauma-informed yoga (<https://bit.ly/PYP200hrYTT>) is a type of yoga that is designed to be helpful for people who have experienced trauma. It is based on the understanding that trauma can have a profound impact on the body and mind, and that yoga can be a way to help people heal from trauma.

“The doorway into yoga for so many westerners is asana. In my last blog (<https://bit.ly/role-of-asana>), I talked about the role of asana in working with the symptoms of post-traumatic stress,” [Mary Hilliker](#), a Registered Dietitian/Nutritionist, an experienced yoga teacher, shares. “Asana is often a crucial way to carry the breath, impact structure and physiology, and give the mind support.”

Trauma-informed yoga typically includes a variety of elements, such as:

- Gentle movement
- Breathwork
- Mindfulness
- Relaxation techniques
- Supportive environment

These elements can help people to:

- Reduce stress and anxiety
- Improve sleep
- Increase self-awareness
- Regulate emotions
- Build resilience
- Connect with their bodies

Trauma-informed yoga can be a helpful addition to traditional therapy for people who are struggling with depression. It can help people to manage their symptoms, reduce stress, and improve their overall well-being.

Here are some of the specific ways that trauma-informed yoga can help with depression:

- **Reduce stress and anxiety:**** Trauma can lead to chronic stress and anxiety, which can contribute to depression. Yoga can help to reduce stress and anxiety by calming the nervous system and promoting relaxation.



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- **Improve sleep:** Poor sleep is a common symptom of depression. Yoga can help to improve sleep by reducing stress and anxiety, and by promoting relaxation.
- **Increase self-awareness:** Trauma can lead to a lack of self-awareness and a disconnection from the body. Yoga can help people to become more aware of their bodies and their emotions, which can help them to better understand and manage their symptoms.
- **Regulate emotions:** Trauma can lead to difficulty regulating emotions. Yoga can help people to learn how to manage their emotions in a healthy way, by teaching them how to calm down and cope with difficult emotions.
- **Build resilience:** Trauma can make people feel vulnerable and weak. Yoga can help people to build resilience by teaching them how to cope with stress and adversity, and by helping them to develop a sense of self-worth and self-confidence.
- **Connect with their bodies:** Trauma can lead to a disconnection from the body. Yoga can help people to reconnect with their bodies by teaching them how to pay attention to their bodies and how to move in a way that feels good.

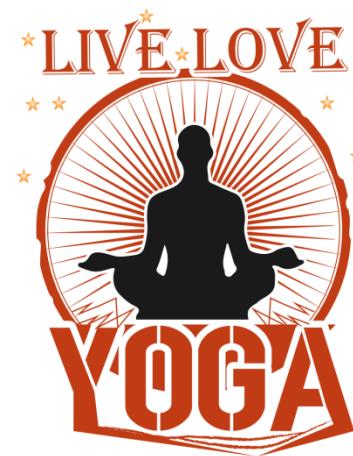
If you are interested in trying trauma-informed yoga, there are a few things you should keep in mind:

- It is important to find a yoga instructor who is experienced in working with people who have experienced trauma.
- You should start slowly and gradually increase the intensity of your practice.
- It is important to listen to your body and stop if you feel any pain or discomfort.
- Yoga is not a substitute for therapy, but it can be a helpful addition to traditional therapy.

If you are struggling with depression, trauma-informed yoga can be a helpful way to manage your symptoms and improve your overall well-being.

Sure, here is an article on using meditation to help with anxiety:

Meditation for Anxiety



Meditation is a mind and body practice that has been shown to be effective in reducing anxiety. It can help you to calm your mind and body, and to focus on the present moment. This can be helpful for people who are struggling with anxiety, as it can help them to manage their symptoms and to cope with stressful situations.

“Using phrases like “deep breath” can lead to more emphasis on inhaling and again, although it’s well-intended, it can actually make anxiety symptoms worse”, mentions [Allison Wesley](#), a Faculty Franklin Method Educator and Registered Yoga Teacher/Therapist in Portland, OR. “What’s needed is an emphasis on the exhale. Possibly instead of “deep,” using phrases like “elongated exhale,” or “complete breath out,” or even “full and soft exhale” can bring more color to the class as well as help shift some of the symptoms that come from anxiety.”

Words matter: Yoga cues to help with anxiety

There are many different types of meditation, but all of them involve focusing your attention on something, such as your breath, a mantra, or a body scan. When you meditate, you are training your mind to focus and to let go of distractions. This can help you to calm down and to reduce stress.

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Meditation can be practiced anywhere, and it does not require any special equipment. You can meditate for as little as 5 minutes or as long as an hour. If you are new to meditation, it is a good idea to start with short sessions and to gradually increase the amount of time you meditate each day.

Charlotte Nuessle, is an internationally certified yoga therapist through IAYT, with BSc in gerontology, speaks on 'How shame triggers a shut down response and what we can do about it'. "Shame gives us a sense of inner control when there is no other way to impact a frightening situation", Nuessle states. "Our nervous system picks up cues of danger and cannot calm those signals. Shame makes uncertainty which is perceived as a threat to our nervous system, predictable. Shame's loud messages are hard to miss: "I'm to blame." "It's my fault." "I deserved this."

Here are some tips for meditating for anxiety:

- Find a quiet place where you will not be disturbed.
- Sit in a comfortable position, either on the floor or in a chair.
- Close your eyes and focus on your breath.
- Notice the rise and fall of your chest as you breathe in and out.
- If your mind wanders, gently bring it back to your breath.
- Continue meditating for as long as you like.

Meditation is a safe and effective way to reduce anxiety. If you are struggling with anxiety, I encourage you to try meditation. It may be just what you need to help you feel better.

Here are some additional benefits of meditation for anxiety:

- Meditation can help to reduce stress and improve sleep.
- Meditation can help to increase self-awareness and improve focus.
- Meditation can help to reduce negative thoughts and emotions.
- Meditation can help to increase relaxation and improve overall well-being.

If you are interested in learning more about meditation, there are many resources available online and in libraries. You can also find meditation classes and workshops in your community.

Yes, you can really work backwards to uproot anxiety in your life. Wesley reminds us, "There seems to be a visual component in anxiety, which explains why standing in Tadasana (Mountain pose) with eyes closed feels so much more calming than eyes open, and why it's important to have a soft Drishti (focused gaze) if the eyes are open. Try it out next time you're in Tadasana. Feel yourself looking outward from the outer eyes themselves and really try to look out. "

Appendix 3

Yoga and meditation: the mind-body duo that's putting anxiety in its place

by [Deva Hardeep Singh](#) | [Dharma Seeds Yoga Press](#) | 23 May 2023



Pranayama is a branch of yoga that focuses on breath control. It is a powerful tool that can be used to reduce anxiety and stress. When we are anxious, our breathing becomes shallow and rapid. This can lead to a number of physical symptoms, such as a racing heart, sweating, and muscle tension. Pranayama can help to slow down and deepen our breathing, which can in turn help to calm the body and mind.

There are many different pranayama techniques that can be used to reduce anxiety. Some of the most effective techniques include:

Types of pranayama and how to do pranayama

The ancient Indian sages knew that deep breathing exercises were simple to practice and can bring great relaxation to the body and mind. Now that we've

established what pranayama is, let's look at the different types of pranayama we can practice. These various types of breathing techniques can be practiced easily and at any time of the day on an empty stomach. <https://www.artofliving.org/in-en/breathing-techniques>

Let's learn about the types of pranayama & how to do pranayama one by one.

1. Bhramari Pranayama (Humming Bee Breath)

Is your mind buzzing with activity? Can't stop thinking about what someone said about you? Find a quiet corner and try this type of pranayama to apply brakes to the buzzing mind. This breathing technique is a boon for those with hypertension.

Bhramari Pranayama, commonly referred to as Humming Bee Breath, is a yogic breathing exercise that calms the nervous system and aids in reconnecting us with our most genuine selves. This pranayama for beginners is named after the soft humming of a bee and is made at the back of the throat during practice. Learn more: <https://www.artofliving.org/yoga/breathing-techniques/bhramari-pranayama>

2. Kapalbhati Pranayama (Skull Shining Breath)

Kapalbhati Pranayama is a yogic breathing exercise whose name is derived from the Sanskrit terms *Kapal*, meaning skull, and *bhati* meaning "to shine".

Among the various deep breathing exercises, this pranayama yoga is considered the most important. One of the benefits of pranayama is detoxification of the body and clearing of the energy channels.

This pranayama is for people with intermediate to advanced breathing levels. It energizes your circulatory and neural systems while strengthening your chest and cleansing your abdominal organs.

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Know more: <https://www.artofliving.org/in-en/yoga/breathing-techniques/skull-shining-breath-kapal-bhati>

2. Bhastrika Pranayama (Bellows Breath)

Feeling low on energy? Three rounds of Bhastrika Pranayama (bellows breath) will get your energy levels soaring! So, what is pranayama Bhastrika?

Bellows Breath, also known as Bhastrika Pranayama, is a stimulating deep breathing exercise that resembles stoking a fire with a constant stream of air. The Sanskrit name *Bhastrika*, which means “bellows,” refers to the vigorous filling and emptying (inhaling and exhaling) of the lungs and abdomen during this exercise. It stimulates the body’s and mind’s internal fire, promoting healthy digestion on all levels.

Learn more: <https://www.artofliving.org/in-en/yoga/breathing-technique/bhastrika-pranayam>

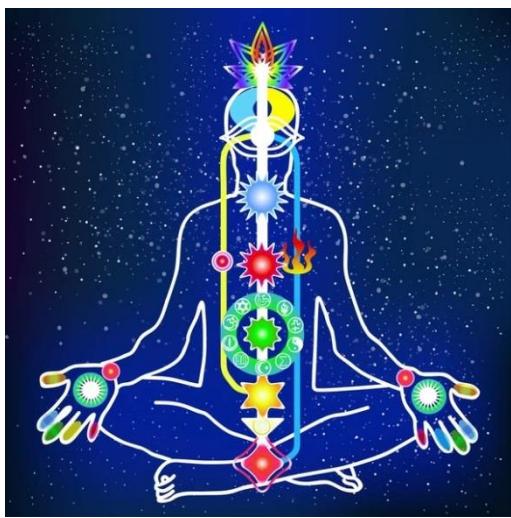
3. Nadi Shodhan Pranayama (Alternate Nostril Breathing)

Can’t concentrate on the task at hand? Try nine rounds of Nadi Shodhan Pranayama (alternate nostril breathing technique) followed by a short 10-minute meditation session. Nadi Shodhan Pranayama calms and centers the mind by bringing harmony between both the hemispheres of the brain.

Alternate Nostril Breathing, often referred to as Nadi Shodhan, is a powerful deep breathing exercise with multiple benefits of pranayama.

Stability of Mind and Pranayama

Art of Living Faculty, states, “There is little use in having a machine that you cannot operate without a manual,” says Sri Sri, “Spiritual knowledge is like a manual for life. Just as we have to learn how to operate the steering wheel, clutch, brake, and so on to drive a car, similarly, to move towards stability of the mind, we must know the basic principles about our life force energy. This is the whole science of pranayama.”



Pranayama can be practiced anywhere, at any time. It is a simple and effective way to reduce anxiety and stress. If you are new to pranayama, it is a good idea to start with a few minutes of practice each day. You can gradually increase the amount of time you spend practicing as you become more comfortable with the techniques.

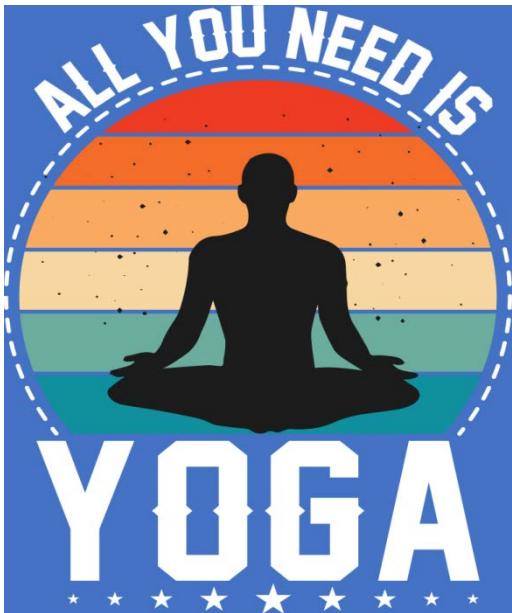
Here are some tips for practicing pranayama:

- Find a quiet place where you will not be disturbed.
- Sit in a comfortable position with your spine straight.
- Close your eyes and focus on your breath.
- Breathe in slowly and deeply through your nose.
- Hold your breath for a few seconds.
- Slowly exhale through your nose.
- Repeat this cycle for 5-10 minutes.

If you find yourself feeling anxious or stressed during your practice, simply take a few deep breaths and focus on your breath. You may also want to try repeating a calming mantra, such as “I am calm” or “I am at peace.”

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Pranayama is a safe and effective way to reduce anxiety and stress. If you are struggling with anxiety, I encourage you to give pranayama a try. It may be just what you need to find relief.



In addition to pranayama, there are many other things you can do to reduce anxiety. These include:

- Exercise regularly
- Get enough sleep
- Eat a healthy diet
- Avoid caffeine and alcohol
- Spend time in nature
- Practice relaxation techniques, such as meditation or yoga
- Talk to a therapist or counselor if you are struggling to manage your anxiety on your own

If you are experiencing anxiety, it is important to seek professional help if you are unable to manage it on your own. A therapist or counselor can help you develop coping mechanisms and strategies for managing your anxiety.

An interesting *scientific finding* (<https://bit.ly/Prana-Science>) on the benefits of pranayama is that the expression of genes involved in stress response can be changed in a way that can potentially slow down the body-mind's reactivity to stress. This improves immune functions, metabolic activity and insulin secretion.

National Institute of Health, did a study on “Pranayamas and Their Neurophysiological Effects” (<https://bit.ly/Prana-Neuro>). This was first published 13 September 2020. They concluded that THE In-depth studies focusing on specific aspects of the practices such as retentions, prolonged expiration, attention on fluid respiration, and abdominal/thoracic respiration should better elucidate the effects of Yogic Breathing Techniques (YBT).

Guided Meditations for Pranayama

<https://insighttimer.com/meditation-topics/pranayama/browse/guided>

Pranayama are breathing practices from the Yoga tradition. Pranayama guides the breath in a specific pattern and can be calming or energizing. Breathing is seen as a lever to change mental states and a mirror of the mind. Modulating the breath can pacify the nervous system and calm emotions.

<https://insighttimer.com/meditation-topics/pranayama/browse/guided>

Anxiety Relief Breath Technique <https://bit.ly/Anxiety-Relief-DSY>

Calming Breath <https://bit.ly/Calming-Breath>

Appendix 4

Yoga can help you gain the awareness to take control of your dreams

by [Deva Hardeep Singh](#) | [Dharma Seeds Yoga Press](#) | 23 May 2023



knows for sure what they are all about.

Some people believe that dreams are simply a way for our brains to process the events of the day. Others believe that dreams are a way for us to access our subconscious minds and tap into our creativity. Still others believe that dreams are a way for us to communicate with the divine.

Whatever the meaning of dreams may be, there is no doubt that they can be a powerful tool for self-exploration and personal growth. Yoga can help us to better understand our dreams and use them to our advantage.

How Yoga Can Help Us to Understand Our Dreams

Yoga can help us to understand our dreams in a number of ways. First, yoga can help us to become more aware of our bodies and our emotions. When we are more aware of our bodies and our emotions, we are better able to understand the messages that our dreams are trying to send us.

Second, yoga can help us to relax and let go of stress. When we are relaxed and stress-free, we are more likely to have clear and vivid dreams.

Third, yoga can help us to develop our intuition. When we develop our intuition, we are better able to understand the symbolic meaning of our dreams.

How to Use Yoga to Improve Your Dream Recall

If you want to improve your dream recall, there are a few things you can do. First, make sure you are getting enough sleep. Most people need around 7-8 hours of sleep per night.

Second, try to avoid caffeine and alcohol before bed. These substances can interfere with sleep and make it harder to remember your dreams.

Yoga and Dreams

Yoga is a mind-body practice that originated in India thousands of years ago. It is a system of physical postures, breathing exercises, and meditation that is designed to promote physical and mental health. Yoga has been shown to be effective in treating a variety of conditions, including stress, anxiety, depression, and pain.

Dreams have been a source of fascination and mystery for centuries. People have long wondered what dreams mean and why we have them. There are many different theories about dreams, but no one

**Do more
yoga**

Third, keep a dream journal by your bed. As soon as you wake up, write down everything you can remember about your dreams. This will help you to remember your dreams more clearly.

Fourth, practice yoga before bed. Yoga can help you to relax and prepare for sleep.

Benefits of Yoga for Dreams

There are many benefits of yoga for dreams. Yoga can help you to:

- Have more vivid and memorable dreams
- Understand the meaning of your dreams
- Use your dreams for self-exploration and personal growth
- Improve your sleep
- Reduce stress and anxiety
- Increase your intuition

If you are interested in using yoga to improve your dreams, there are a few things you can do. First, find a yoga class that is appropriate for your level of experience. Second, practice yoga regularly. Third, keep a dream journal. Fourth, be patient and persistent. It may take some time to see results.

Conclusion

Yoga is a powerful tool that can help us to understand our dreams. When we practice yoga regularly, we become more aware of our bodies and our emotions, we relax and let go of stress, and we develop our intuition. These qualities can all help us to have more vivid and memorable dreams, understand the meaning of our dreams, and use our dreams for self-exploration and personal growth.

Lucid Dreaming



Lucid dreaming is the ability to be aware that you are dreaming while you are dreaming. This can be a very powerful experience, as it allows you to control your dreams and explore your subconscious mind.

There are many different techniques that can be used to induce lucid dreams. Some of the most common techniques include:

• **Reality testing:** This involves checking your environment throughout the day to see if you are dreaming. For example, you might try to push your finger through your palm or look at a clock twice to see if the time changes.

- **Wake back to bed (WBTB):** This involves waking up after 5-6 hours of sleep and then staying awake for 20-30 minutes before going back to sleep. This increases your chances of having a lucid dream.
- **Mnemonic induction of lucid dreams (MILD):** This involves repeating a mantra to yourself, such as "I will know I am dreaming," before you go to sleep.

Once you have learned how to induce lucid dreams, you can start to explore your subconscious mind. You can use lucid dreams to work through problems, learn new things, or simply have fun.

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There are many benefits to lucid dreaming. Some of the most common benefits include:

- **Personal growth:** Lucid dreaming can be a powerful tool for personal growth. By exploring your subconscious mind, you can learn more about yourself and your motivations.
- **Problem-solving:** Lucid dreams can be used to solve problems. By working through problems in a dream state, you can often come up with creative solutions that you would not have thought of while awake.
- **Stress relief:** Lucid dreams can be a great way to relieve stress. By taking control of your dreams, you can create a safe and relaxing environment for yourself.
- **Fun:** Lucid dreams can be a lot of fun. You can fly, explore new worlds, or meet new people.

If you are interested in learning more about lucid dreaming, there are many resources available online and in libraries. You can also find lucid dreaming groups and forums where you can share experiences and learn from others.

Here are some additional tips for lucid dreaming:

- **Be patient:** It takes time and practice to learn how to lucid dream. Don't get discouraged if you don't have success right away.
- **Keep a dream journal:** Writing down your dreams can help you to remember them more clearly and to identify patterns in your dreams.
- **Be persistent:** The more you practice, the more likely you are to have a lucid dream.

Lucid dreaming can be a fascinating and rewarding experience. If you are interested in learning more, I encourage you to give it a try.

Once you have become familiar with the signs that you are dreaming, you can start to reality test throughout the day. This means simply asking yourself, "Am I dreaming?" If you are dreaming, you will probably notice something that doesn't make sense. If you do, you can then take control of your dream.

Reality Testing

Reality testing is a simple but effective technique for lucid dreaming. The idea is to become so familiar with the signs that you are dreaming that you can easily identify them while you are dreaming. Some common dream signs include:

- **Things that don't make sense:** In dreams, things often don't make sense. For example, you might see people walking on the ceiling or talking to animals.
- **Being able to fly:** In dreams, you can often fly. If you try to fly in real life, you will quickly realize that you can't.
- **Looking at a clock twice and seeing different times:** In dreams, the time on the clock can change if you look at it twice.

Once you have become familiar with the signs that you are dreaming, you can start to reality test throughout the day. This means simply asking yourself, "Am I dreaming?" If you are dreaming, you will probably notice something that doesn't make sense. If you do, you can then take control of your dream.

Wake Back to Bed (WBTB)

Wake back to bed (WBTB) is another effective technique for lucid dreaming. The idea is to wake up after 5-6 hours of sleep and then stay awake for 20-30 minutes before going back to sleep. This increases your chances of having a lucid dream because it gives your brain time to enter REM sleep, which is the stage of sleep when dreams occur.

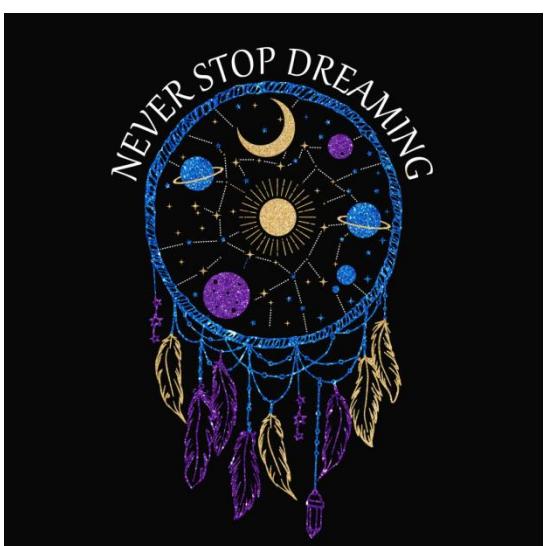
When you wake up during WBTB, you should try to stay calm and relaxed. You can then do some reality testing or repeat a mantra to yourself, such as “I will know I am dreaming.” Once you go back to sleep, you are more likely to have a lucid dream.

Mnemonic Induction of Lucid Dreams (MILD)

Mnemonic induction of lucid dreams (MILD) is a technique that involves repeating a mantra to yourself before you go to sleep. The mantra can be something like, “I will know I am dreaming.” The idea is to plant the suggestion in your subconscious mind that you will become lucid in your dreams.

MILD is a simple technique that can be very effective.

How Lucid Dreaming Can Help With Anxiety



Anxiety is a common mental health condition that can cause a variety of symptoms, including worry, restlessness, and difficulty concentrating. While there are many treatments available for anxiety, lucid dreaming is a relatively new and promising approach.

Lucid dreaming is the ability to be aware that you are dreaming while you are dreaming. This can be a very powerful experience, as it allows you to control your dreams and explore your subconscious mind.

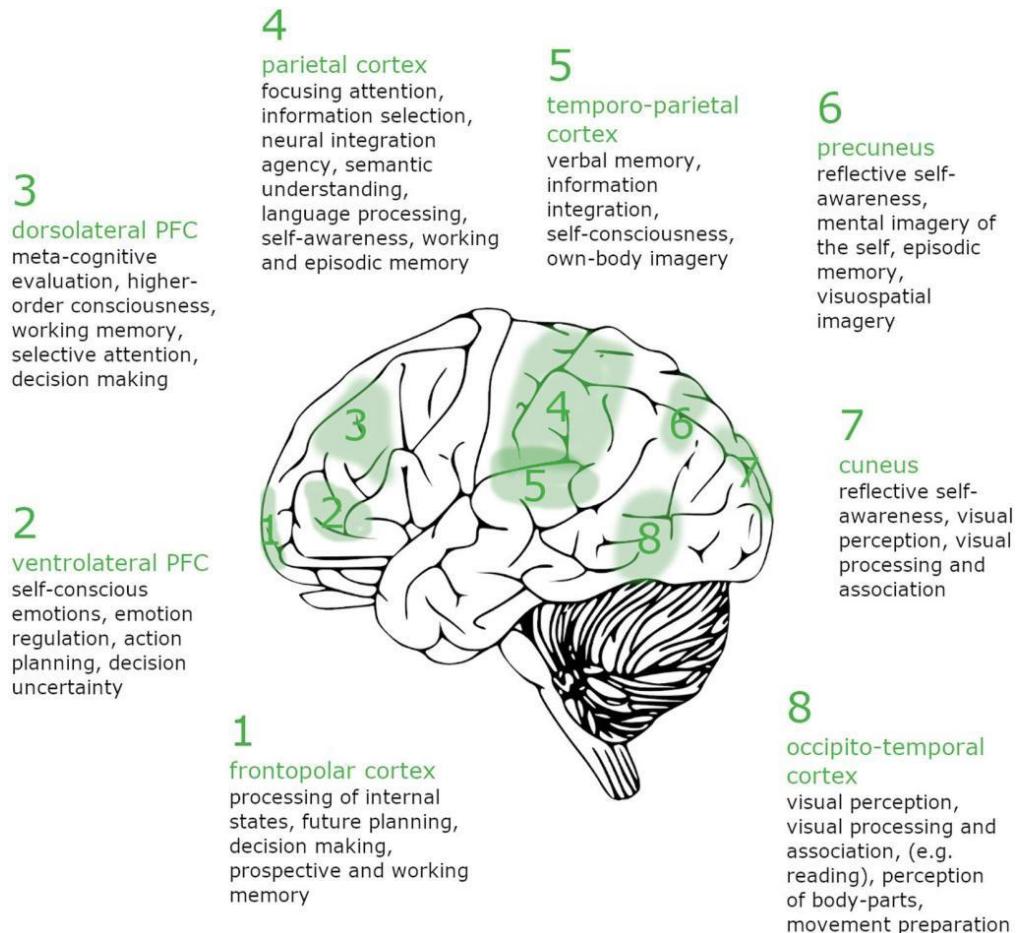
There are a number of ways that lucid dreaming can help with anxiety. First, lucid dreaming can help you to learn more about your anxiety. By exploring your dreams, you can identify the triggers that cause your anxiety and the thoughts and feelings

that contribute to it. This knowledge can help you to better understand your anxiety and develop coping strategies.

Second, lucid dreaming can help you to develop a sense of control over your anxiety. When you are lucid in a dream, you can choose to change the dream in any way you want. This can help you to learn that you have the power to control your anxiety, even when you are awake.

Third, lucid dreaming can help you to practice relaxation techniques. When you are lucid in a dream, you can use relaxation techniques, such as deep breathing and meditation, to calm your mind and body. This practice can help you to learn how to relax more effectively in real life.

There is some research to support the use of lucid dreaming for anxiety. A study published in the journal *Dreaming* found that lucid dreaming can help to reduce anxiety symptoms in people with generalized anxiety disorder (GAD). The study participants who practiced lucid dreaming for eight weeks showed significant reductions in anxiety symptoms, compared to the control group.



29 July 2020 [BrigitteHolzinger](#) and [LucilleMayer](#) published a [scientific article](#) (<https://bit.ly/LucidDreaming-Brain>) based on the above image. The aim of this study was to describe and model neurophysiological evidence for the seven awareness criteria of lucid dreaming based on those proposed by Paul Tholey. Each of the awareness criteria was analyzed separately with regard to its underlying neurocircuits. They hypothesized that not one, but several regions are involved in the state of lucid dreaming.

Paul Tholey deceased in 1998 but was a pioneer when it came to dreaming. Paul Tholey was a [German Gestalt psychologist](#), and a professor of psychology and sports science at the University of Frankfurt and the Technical University of Braunschweig. Tholey started the study of oneirology in an attempt to prove that dreams occur in color.

17 July 2020 another study was published. “*Findings From the International Lucid Dream Induction Study*“ (<https://bit.ly/LucidDream-Study>). Findings provided the strongest evidence to date that the MILD technique is effective for inducing lucid dreams.

About **80% of posttraumatic stress disorder** (PTSD) (<https://bit.ly/80-PTSD>) patients suffer from nightmares or dysphoric dreams that cause major distress and impact nighttime or daytime functioning. Lucid dreaming (LD) is a learnable and effective strategy to cope with nightmares and has positive effects on other sleep variables.

Dharma Seeds Yoga

Another study, published in the journal *Sleep*, found that lucid dreaming can help to improve sleep quality in people with insomnia. The study participants who practiced lucid dreaming for four weeks showed significant improvements in sleep quality, compared to the control group.

If you are interested in trying lucid dreaming to help with anxiety, there are a number of resources available to help you get started. There are books, websites, and even apps that can teach you the basics of lucid dreaming.

It is important to note that lucid dreaming is not a cure for anxiety. However, it can be a helpful tool for managing anxiety symptoms and improving sleep quality. If you are considering using lucid dreaming to help with anxiety, it is important to talk to your doctor first.

Here are some additional tips for using lucid dreaming to help with anxiety:

- **Start by practicing reality testing throughout the day.** This will help you to become more aware of your dreams and to identify when you are dreaming.
- **Try the wake back to bed (WBTB) technique.** This involves waking up after 5-6 hours of sleep and then staying awake for 20-30 minutes before going back to sleep. This increases your chances of having a lucid dream.
- **Repeat a mantra to yourself before you go to sleep.** The mantra can be something like, “I will know I am dreaming.” This will help to plant the suggestion in your subconscious mind that you will become lucid in your dreams.
- **Be patient.** It takes time and practice to learn how to lucid dream. Don’t get discouraged if you don’t have success right away.

Lucid dreaming can be a powerful tool for managing anxiety. If you are interested in trying lucid dreaming, there are a number of resources available to help you get started.

Resources for Lucid Dreaming

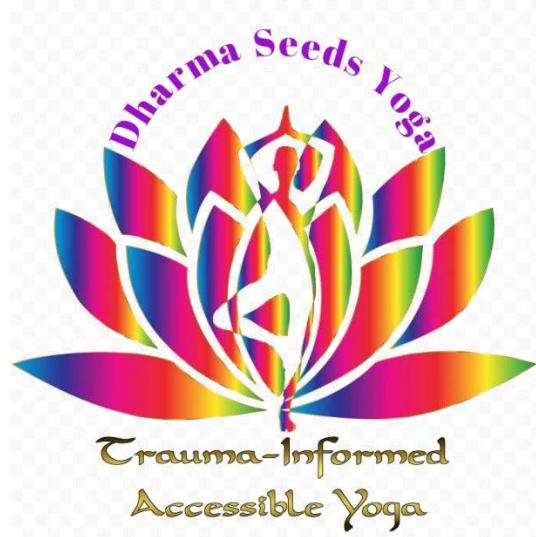
<https://howtolucid.com/lucid-dreaming-resources/>

<https://www.sleepfoundation.org/dreams/lucid-dreams>

<https://www.thelucidguide.com>

<https://bit.ly/Lucid-DreamingSleep>

<https://bit.ly/CorrosionDR-Dreaming>



Dharma Seeds Yoga

Dharma Seeds Yoga was founded by **Deva Hardeep Singh**. Dharma Seeds Yoga follows the path of Raja Yoga as taught through [Prison Yoga Project teacher training](#). We are a trauma-informed yoga practice for all persons. **We are LGBTQ+ friendly, staffed, and respect all spiritual paths of our students. There is no “one” guru or any guru’s or individuals to adhere to.**

<https://dharma seedsyoga.wordpress.com/>

Deva Hardeep Singh (he/him; neurodivergent, gay, ability injured, post traumatic stress injury) is an Oklahoman, a Yuchi Indian, enrolled in the Muscogee Nation, studied radio/TV/film in college. He's worked as on-air personality, author, poet, artist, an administrative assistant, petroleum landman, barista, staff writer, paralegal, concert promoter, music artist manager, content producer and graphic designer. He spent 6 months as a National Data Team volunteer for the Bernie Sanders for President campaign. He is a freelance journalist with International papers and magazine with a social justice focus. Recently was able to join the [Hulu/FX Series Reservation Dogs](#), as an extra (seasons 2 & 3) He's been a meditator for over 30 years (Buddhist, Chan, Zen), teaches meditation, and provides yoga instruction. Reiki III Master.

